

Directions: Complete each sentence by finding all the endings that make sense.
More than one sentence ending is possible.

1. A good reason to do more physical activity is _____.
 - a) it helps control weight.
 - b) it causes more stress.
 - c) it makes your heart, bones, muscles and joints stronger.
 - d) it increases your risk of getting really sick.

2. To improve your health, it helps to _____ .
 - a) watch a lot of TV.
 - b) buy new sports equipment.
 - c) walk for thirty minutes a day.
 - d) drink beer.

3. You can prevent some health problems by _____ .
 - a) doing 30 minutes of moderate exercise most days.
 - b) eating healthy meals.
 - c) brushing and flossing your teeth every day.
 - d) going for a yearly checkup.

4. To improve your health, it's a good idea to _____ .
 - a) make a plan for your physical activity.
 - b) do activities that make your heart work harder.
 - c) do activities that build your muscle strength.
 - d) exercise until you feel a lot of pain.

5. Some people don't do much physical activity because they think _____ .
 - a) you have to join a gym.
 - b) you have to buy special clothes and equipment.
 - c) it takes too much time to exercise.
 - d) they are too out of shape to start.