

ENGLISH PLUS

WITH
ANSWER
KEY

DO YOU KNOW



EXERCISE

LISTENING | TEXT | SENTENCE | WORD
PRACTICE WORKSHEET

NEVER STOP LEARNING

Exercise

Language/Listening Practice

Fill in the blanks with the provided words after the text. (You can use this exercise to practice your listening if you want, by listening and filling the blanks at the same time, or you can just do it as a regular language exercise)

EXERCISE

People exercise to keep healthy. They exercise to lose weight or to stay fit. They 1 to make 2 3 4 and stronger. Maybe you play soccer or some other sport for 5. Getting exercise can be fun and can make you feel good.

Exercise is a big part of staying physically fit. 6 who are 7 fit are alert and full of 8. Exercise can also help people handle 9. Exercise is especially good for children, teens, and older persons.

NOT ALL EXERCISE IS THE SAME

There are two main types of exercise: aerobic and 10. Aerobic exercise 11 big muscles in your arms and legs. Aerobic 12 13 your muscles use oxygen faster than 14. It 15 your heart and 16 work harder to 17 your 18 with oxygen. Running, walking, jogging, and swimming are kinds of

Anaerobic exercise 20 just a few 21 at a time. Weightlifting is a kind of anaerobic exercise. Weightlifting and other kinds of anaerobic exercise make your muscles 22 and 23. Anaerobic exercise does not require a lot of oxygen. It does not work your heart or lungs. You can only do anaerobic exercise for short periods of time 24 the muscles you're using quickly get tired.

EXERCISE THAT 25 THE HEART

Doctors say that regular aerobic exercise leads to a healthier heart. Jogging, walking, riding a bicycle, and other aerobic exercises lower the risk of heart disease. In one kind of heart disease, 26 stuff called plaque builds up in blood vessels 27 to the heart. Aerobic exercise helps prevent this buildup. Aerobic 28 also 29 the heart and 30 stronger.

Doctors say you should do 20 to 30 minutes of aerobic exercise at least three times a week. You need to exercise hard enough to get your 31 beating faster than normal. You can feel your heart beating. Use two fingers to feel a beat, or pulse, in your wrist or neck.

EXERCISE THAT INCREASES STRENGTH

Some 32 of exercise are better at 33 strength than others. 34 people work out with weights if they want to improve their muscle strength. They use free weights, weights that are not attached to anything, such as barbells. Or they use

35 36. Strength training can also
make 37 38.

It is a good idea to have a trainer or physical education teacher show you how to lift weights properly. It is important not to injure yourself when lifting weights. Start out with small weights. Try 39 heavier and heavier weights as your muscles get stronger.

EXERCISE THAT HELPS CONTROL WEIGHT

40 exercise can help you lose weight. It can help you stay at a 41 weight. Aerobic exercise burns calories.

A calorie is a unit of measurement. It measures the 42 of energy in foods. It 43 the amount of energy your body uses.

When you take in the same number of calories that you burn 44 day, your weight stays the same. If you take in more calories than you burn, you gain 45. If you take in fewer calories than you burn, you lose weight. 46 exercise helps you burn calories.

Strength training may also help with weight control. 47 weights burns calories. Lifting weights also makes more muscle in your body. Muscles burn more calories than fat.

48 THAT MAKES YOU FLEXIBLE
49 50 can make your body more
51. There are 52 for your arms, legs, neck, and

trunk. Many people do slow exercises and stretches called yoga to make 53 54 more flexible. A physical 55 teacher can show you how to do stretches.

You should do 56 stretches before you do aerobic or anaerobic exercises. You 57 do cool-down stretches when you are finished exercising. Warm-up and cool-down stretches can help prevent muscle 58.

works	because	their
increasing	bones	fatty
Regular	energy	going
Aerobic	exercise	measures
supply	People	Usually
physically	anaerobic	kinds
bigger	lifting	bodies
flexible	aerobic	lungs
works	exercise	makes
muscles	machines	makes
muscles	muscles	exercise
EXERCISE	weight	healthy
amount	HELPS	bigger
strength-training	exercises	injuries
stretches	usual	Lifting
warm-up	stress	education
their	exercise	stronger
should	Stretching	makes
every	heart	stronger
lungs		

Spelling Quest

In each line of text below there is one word that has been misspelled. Circle the misspelled word and then write the correct spelling of the word on the line on the right side of the page.

EXERCISEE

People exercise to keep hailthy. They exercise to lose weight ore to stay fit. They exercise to make their muscles bigger end stronger. Maybe you play soccer or some othre sport for exercise. Getting exercise can be fun and can make you fel good.

Exercise is a big part of staying physically fid. People who are physically fit are alert and ful of energy. Exercise can also help people handl stress. Exercise is especially god for children, teens, and older persons.

NOT ELL EXERCISE IS THE SAME

There are two maen types of exercise: aerobic and anaerobec. Aerobic exercise works big musles in your arms and legs. Aerobic exercise makes your muscles use oxygen fastr than usual. It makes youre heart and lungs work harder to supply youre muscles with oxygen. Running, walking, jogging, and swimmeng are kinds of airobic exercise.

Anaerobic exercize works just a few muscles at a time. Weightlifting is an kind of anaerobic exercise. Weightlifting and othre kinds of anaerobic exercise maek your muscles bigger and stronger. Anaerobic exercise does knot require a lot of oxygen. Ite does not work your heart ore lungs. You can only do anaerobic exercsise for short periods of time because the muscles you're using quickle get tired.

EXERCISE TJAT HELPS THE HEART

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
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26. _____
27. _____
28. _____
29. _____
30. _____
31. _____

Doctors say that regular aerobic exercise leads to a healthier heart. Jogging, walking, riding a bicycle, and other aerobic exercises lower the risk of heart disease. In one kind of heart disease, fatty stuff called plaque builds up in blood vessels going to the heart. Aerobic exercise helps prevent this buildup. Aerobic exercise also makes the heart and lungs stronger.

32. _____
33. _____
34. _____
35. _____
36. _____
37. _____
38. _____
39. _____

Doctors say you should do 20 to 30 minutes of aerobic exercise at least three times a week. You need to exercise hard enough to get your heart beating faster than normal. You can feel your heart beating. Use two fingers to feel a beat, or pulse, in your wrist or neck.

40. _____
41. _____
42. _____
43. _____
44. _____
45. _____

EXERCISE THAT INCREASES STRENGTH

Some kinds of exercise are better at increasing strength than others. Usually people work out with weights if they want to improve their muscle strength. They use free weights, weights that are not attached to anything, such as barbells. Or they use strength-training machines. Strength training can also make bones stronger.

46. _____
47. _____
48. _____
49. _____
50. _____
51. _____
52. _____
53. _____

It is a good idea to have a trainer or physical education teacher show you how to lift weights properly. It is important not to injure yourself when lifting weights. Start out with small weights. Try lifting heavier and heavier weights as your muscles get stronger.

54. _____
55. _____
56. _____
57. _____
58. _____
59. _____

EXERCISE THAT HELPS CONTROL WEIGHT

Aerobic exercise can help you lose weight. It can help you stay at a healthy weight. Aerobic exercise burns calories.

60. _____
61. _____
62. _____
63. _____

A calorie is a unit of measurement. It measures the amount of energy in foods. It measures the amount of energy your body uses.

64. _____
65. _____
66. _____

When you take in the same number of calories that you burn every day, your weight stays the same.

67. _____
68. _____

same. If yuo take in more calories than you burn, you gain weight. If you tak in fewer calories than you burn, you lose weigt. Regular exercise helpse you burn calories.

Strength training may also help wiht weight kontrol. Lifting weights burns calories. Lifting weights also makes mor muscle in your body. Muscles burn more calories than fet.

EXURCISE THAT MAKES YOU FLEXIBLE

Stretcheng exercises can make your body more flexible. Thr are stretches for your arms, legs, neck, and trunk. Many peopel do slow exercises and stretches called yofa to make their bodies more flexible. AE physical education teacher can shoe you how to do stretches.

You should do warm-up stretches before yuo do aerobic or anaerobic exercises. Yow should do cool-down stretches when you our finished exercising. Warm-up end cool-down stretches kan help prevent muscle injuries.

- 69. _____
- 70. _____
- 71. _____
- 72. _____
- 73. _____
- 74. _____
- 75. _____
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- 78. _____
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- 81. _____
- 82. _____
- 83. _____
- 84. _____
- 85. _____
- 86. _____
- 87. _____
- 88. _____

Sentence Practice

A number of words have been removed from each sentence and listed below the sentence. Use the listed words to fill the blanks in the sentence.

1. There are _____ main types of exercise: aerobic and anaerobic. Aerobic exercise works big muscles in your arms and legs. Aerobic exercise makes _____ muscles use oxygen faster _____. It makes _____ heart and lungs _____ harder to supply _____ muscles with oxygen. Running, walking, jogging, _____ swimming are kinds of aerobic exercise.

A. AND B. USUAL C. WORK D. YOUR E. THAN F. YOUR
G. TWO H. YOUR

2. _____ training _____ also help with _____ control. Lifting _____ burns calories. _____ weights also makes more muscle in _____ body. Muscles _____ more calories than _____.

A. YOUR B. FAT C. WEIGHTS D. WEIGHT E. MAY F. LIFTING
G. BURN H. STRENGTH

3. A calorie _____ a unit of _____. It measures _____ amount of energy in foods. It measures the _____ uses.

A. IS B. MEASUREMENT C. ENERGY D. YOUR E. AMOUNT
F. OF G. BODY H. THE

4. When you take in the same number of calories that you burn every day, your _____ stays the same. If you take in more _____ than you _____, _____ gain weight. If you take in fewer _____ than you _____, _____ lose weight. Regular _____ helps you burn calories.

A. CALORIES B. EXERCISE C. BURN D. YOU E. YOU F. WEIGHT G. CALORIES H. BURN

5. _____ exercise _____ you lose _____. It can _____ stay at a _____ weight. Aerobic exercise burns _____.

A. HELP B. AEROBIC C. HELP D. HEALTHY E. CAN F. WEIGHT G. CALORIES H. YOU

6. Doctors say you _____ do 20 to 30 _____ of aerobic exercise at _____ times a week. You need to exercise hard enough to get your heart _____ faster than normal. You _____ feel your _____ beating. Use two fingers _____ feel a beat, or pulse, in your wrist or neck.

A. SHOULD B. TO C. THREE D. HEART E. CAN F. MINUTES G. BEATING H. LEAST

7. It is a good idea to have a _____ or physical education teacher show you _____ to _____ weights properly. It is important not to injure yourself _____ lifting weights. _____ out with small _____. Try _____ heavier and heavier weights _____ your muscles get stronger.

A. TRAINER B. LIFT C. AS D. WEIGHTS E. WHEN F. LIFTING G. START H. HOW

8. People _____ to keep healthy. They exercise to lose _____ or to stay _____. They exercise to make _____ muscles bigger and _____. Maybe you _____ or some other sport for exercise. _____ exercise can be fun and can make you feel good.

A. SOCCER B. WEIGHT C. GETTING D. STRONGER E. EXERCISE F. THEIR G. PLAY H. FIT

9. Doctors say that _____ leads to a _____ heart. Jogging, walking, riding a bicycle, and other aerobic exercises lower the risk of heart _____. In one kind of heart disease, fatty _____ called plaque builds up in blood vessels going to the heart. Aerobic exercise _____ prevent this buildup. Aerobic exercise also makes the _____ and lungs stronger.

A. DISEASE B. EXERCISE C. REGULAR D. HEALTHIER E. STUFF F. HELPS G. AEROBIC H. HEART

10. Anaerobic _____ works just a few muscles at a time. Weightlifting is a kind of anaerobic _____. Weightlifting and other kinds of anaerobic exercise make your _____ bigger and stronger. Anaerobic exercise does not _____ a lot of _____. It does not work your _____ or lungs. You can only do anaerobic exercise for short _____ of time because the muscles you're using quickly _____ tired.

A. PERIODS B. EXERCISE C. GET D. MUSCLES E. OXYGEN F. EXERCISE G. HEART H. REQUIRE

Word Practice

Find the hidden words. The words have been placed horizontally, vertically, or diagonally.

A	G	N	I	T	F	I	L	T	H	G	I	E	W	L	G	N	I	M	M	I	W	S	H	S
W	P	Q	D	M	E	Z	Y	O	U	R	S	E	L	F	A	N	A	E	R	O	B	I	C	G
C	X	U	B	C	I	B	O	R	E	A	N	A	S	T	R	E	N	G	T	H	F	U	B	M
M	Q	X	U	C	H	N	I	N	C	R	E	A	S	I	N	G	Q	N	J	F	L	W	R	K
K	H	T	G	N	E	R	T	S	S	E	S	I	C	R	E	X	E	P	G	T	E	V	G	D
C	J	E	N	R	B	X	P	C	L	J	X	E	Z	D	K	S	D	Q	E	K	X	I	H	Z
C	T	X	H	H	I	W	R	H	C	P	H	Y	S	I	C	A	L	L	Y	O	I	H	E	Y
G	U	E	C	J	K	G	J	O	M	D	B	T	K	P	Y	N	B	A	I	W	B	O	A	S
N	S	R	Z	A	S	L	O	P	E	O	K	N	X	E	E	Z	P	G	J	S	L	A	L	T
I	L	C	X	U	L	L	X	B	A	Y	S	E	F	U	A	C	L	T	N	D	E	A	T	R
H	L	I	K	L	D	O	A	E	S	T	E	M	Z	L	T	X	I	F	Y	V	Y	S	H	E
C	E	S	O	O	W	E	R	S	U	K	N	E	G	N	I	N	I	A	R	T	R	D	I	T
T	B	I	W	T	I	K	P	I	R	A	I	R	S	E	Y	N	S	E	L	J	R	U	E	C
E	R	N	Y	H	S	R	C	C	E	L	H	U	K	N	I	S	G	E	Z	L	W	H	R	H
R	A	G	X	Z	O	D	Y	R	S	S	C	S	Y	S	Z	N	J	K	I	I	Y	P	Q	E
T	B	T	Q	P	U	U	Q	E	J	T	A	A	H	W	O	V	P	U	Z	R	Y	R	D	S
S	W	H	E	E	J	M	L	X	V	W	M	E	V	R	J	H	C	T	E	P	U	Z	I	F
H	N	R	B	H	R	T	E	E	Z	C	D	M	T	G	N	I	H	T	Y	N	A	J	A	R
D	L	N	O	I	T	A	C	U	D	E	A	S	E	L	A	C	I	S	Y	H	P	H	N	U
Y	C	B	G	Y	C	C	H	I	L	D	R	E	N	I	M	P	O	R	T	A	N	T	F	I

BARBELLS
 EXERCISES
 HEALTHIER
 ANAEROBIC
 STRETCHES
 CALORIES
 IMPORTANT
 EXERCISING
 COOL-DOWN
 ANAEROBIC
 SWIMMING

STRETCHING
 INCREASING
 MEASURES
 ANYTHING
 EDUCATION
 WEIGHTLIFTING
 YOURSELF
 PHYSICALLY
 EXERCISE
 FLEXIBLE
 MEASUREMENT

INJURIES
 ESPECIALLY
 TRAINING
 STRONGER
 PROPERLY
 STRENGTH
 STRENGTH
 FINISHED
 MACHINES
 PHYSICAL
 CHILDREN

Exercise

Language/Listening Practice

Fill in the blanks with the provided words after the text. (You can use this exercise to practice your listening if you want, by listening and filling the blanks at the same time, or you can just do it as a regular language exercise)

EXERCISE

People exercise to keep healthy. They exercise to lose weight or to stay fit. They 1 exercise to make 2 their 3 muscles 4 bigger and stronger. Maybe you play soccer or some other sport for 5 exercise. Getting exercise can be fun and can make you feel good.

Exercise is a big part of staying physically fit. 6 People who are 7 physically fit are alert and full of 8 energy. Exercise can also help people handle 9 stress. Exercise is especially good for children, teens, and older persons.

NOT ALL EXERCISE IS THE SAME

There are two main types of exercise: aerobic and 10 anaerobic. Aerobic exercise 11 works big muscles in your arms and legs. Aerobic 12 exercise 13 makes your muscles use oxygen faster than 14 usual. It 15 makes your heart and 16 lungs work harder to 17 supply your 18 muscles with oxygen. Running, walking, jogging, and swimming are kinds of

19 aerobic exercise.

Anaerobic exercise 20 works just a few 21 muscles at a time. Weightlifting is a kind of anaerobic exercise. Weightlifting and other kinds of anaerobic exercise make your muscles 22 bigger and 23 stronger. Anaerobic exercise does not require a lot of oxygen. It does not work your heart or lungs. You can only do anaerobic exercise for short periods of time 24 because the muscles you're using quickly get tired.

EXERCISE THAT 25 HELPS THE HEART

Doctors say that regular aerobic exercise leads to a healthier heart. Jogging, walking, riding a bicycle, and other aerobic exercises lower the risk of heart disease. In one kind of heart disease, 26 fatty stuff called plaque builds up in blood vessels 27 going to the heart. Aerobic exercise helps prevent this buildup. Aerobic 28 exercise also 29 makes the heart and 30 lungs stronger.

Doctors say you should do 20 to 30 minutes of aerobic exercise at least three times a week. You need to exercise hard enough to get your 31 heart beating faster than normal. You can feel your heart beating. Use two fingers to feel a beat, or pulse, in your wrist or neck.

EXERCISE THAT INCREASES STRENGTH

Some 32 kinds of exercise are better at 33 increasing strength than others. 34 Usually people work out with weights if they want to improve their muscle strength. They use free weights, weights that are not attached to anything, such as barbells. Or they use

35 strength-training 36 machines . Strength training can also make 37 bones 38 stronger .

It is a good idea to have a trainer or physical education teacher show you how to lift weights properly. It is important not to injure yourself when lifting weights. Start out with small weights. Try 39 lifting heavier and heavier weights as your muscles get stronger.

EXERCISE THAT HELPS CONTROL WEIGHT

40 Aerobic exercise can help you lose weight. It can help you stay at a 41 healthy weight. Aerobic exercise burns calories.

A calorie is a unit of measurement. It measures the 42 amount of energy in foods. It 43 measures the amount of energy your body uses.

When you take in the same number of calories that you burn 44 every day, your weight stays the same. If you take in more calories than you burn, you gain 45 weight . If you take in fewer calories than you burn, you lose weight. 46 Regular exercise helps you burn calories.

Strength training may also help with weight control. 47 Lifting weights burns calories. Lifting weights also makes more muscle in your body. Muscles burn more calories than fat.

48 EXERCISE THAT MAKES YOU FLEXIBLE

49 Stretching 50 exercises can make your body more 51 flexible . There are 52 stretches for your arms, legs, neck, and

trunk. Many people do slow exercises and stretches called yoga to make 53 their 54 bodies more flexible. A physical 55 education teacher can show you how to do stretches.

You should do 56 warm-up stretches before you do aerobic or anaerobic exercises. You 57 should do cool-down stretches when you are finished exercising. Warm-up and cool-down stretches can help prevent muscle 58 injuries.

works	because	their
increasing	bones	fatty
Regular	energy	going
Aerobic	exercise	measures
supply	People	Usually
physically	anaerobic	kinds
bigger	lifting	bodies
flexible	aerobic	lungs
works	exercise	makes
muscles	machines	makes
muscles	muscles	exercise
EXERCISE	weight	healthy
amount	HELPS	bigger
strength-training	exercises	injuries
stretches	usual	Lifting
warm-up	stress	education
their	exercise	stronger
should	Stretching	makes
every	heart	stronger
lungs		

Spelling Quest

In each line of text below there is one word that has been misspelled. Circle the misspelled word and then write the correct spelling of the word on the line on the right side of the page.

EXERCISEE

People exercise to keep **hailthy**. They exercise to lose weight **ore** to stay fit. They exercise to make their muscles bigger **end** stronger. Maybe you play soccer or some **othre** sport for exercise. Getting exercise **kan** be fun and can make you **fel** good.

Exercise is a big part of staying physically **fid**. People who are physically fit are alert and **ful** of energy. Exercise can also help people **handl** stress. Exercise is especially **god** for children, **teens**, and older persons.

NOT ELL EXERCISE IS THE SAME

There are two **maen** types of exercise: aerobic and **anaerobec**. Aerobic exercise works big **musles** in your arms and legs. Aerobic exercise makes your muscles use oxygen **fastr** than usual. It makes **youre** heart and lungs work harder to supply **youre** muscles with oxygen. Running, walking, jogging, and **swimmeng** are kinds of **airobic** exercise.

Anaerobic **exercize** works just a few muscles at a time. Weightlifting is **an** kind of anaerobic exercise. Weightlifting and **othre** kinds of anaerobic exercise **maek** your muscles bigger and stronger. Anaerobic exercise does **knot** require a lot of oxygen. **Ite** does not work your heart **ore** lungs. You can only do anaerobic **exersise** for short periods of time because the muscles you're using **quickle** get tired.

EXERCISE TJAT HELPS THE HEART

1. **EXERCISE**

2. **healthy**

3. **or**

4. **and**

5. **other**

6. **can**

7. **feel**

8. **fit**

9. **full**

10. **handle**

11. **good**

12. **teens**

13. **ALL**

14. **main**

15. **anaerobic**

16. **muscles**

17. **faster**

18. **your**

19. **your**

20. **swimming**

21. **aerobic**

22. **exercise**

23. **a**

24. **other**

25. **make**

26. **not**

27. **It**

28. **or**

29. **exercise**

30. **quickly**

31. **THAT**

Doctors say that regular aerobic **xrcis** leads to a **healthiir** heart. Jogging, walking, riding a bicycle, and **othre** aerobic exercises lower the risk of **hert** disease. In one kind of heart disease, fatty stuff called plaque builds **upp** in blood vessels going **too** the heart. Aerobic exercise helps prevent this **buidup**. Aerobic exercise also makes the heart **end** lungs stronger.

Doctors say **yuo** should do 20 to 30 minutes of **aerobec** exercise at least three times a week. You need to exercise **harde** enough to get your heart beating faster than normal. You can feel **youre** heart beating. Use two **fingurs** to feel a beat, or pulse, in **youre** wrist or neck.

EXERCISE THAT INCREASES **STRENGTHE**

Some kinds of exercise **our** better at increasing strength **then** others. Usually people work out **wiht** weights if they want to improve their muscle **strength**. They use free weights, weights that are not attached to anything, such **az** barbells. Or they **uze** strength-training machines. Strength **trainng** can also make bones stronger.

It **iz** a good idea to have a trainer or physical education teacher show you how to lift **weeghts** properly. It **iz** important not to injure yourself when **liftng** weights. Start out with small weights. Try lifting heavier and heavier **wieghts** as your **musles** get stronger.

EXERCISE THAT HELPS **CONTROY** WEIGHT

Aerobic exercise can **helu** you lose weight. It can help you stay **ath** a healthy weight. Aerobic exercise burns **caloreis**.

A **calori** is a unit of measurement. It measures the amount of energy in foods. **Ite** measures the amount of energy your body **usese**.

When you take in the same number **off** calories that you burn every day, your weight stays **tha**

32. **exercise**

33. **healthier**

34. **other**

35. **heart**

36. **up**

37. **to**

38. **buildup**

39. **and**

40. **you**

41. **aerobic**

42. **hard**

43. **your**

44. **fingers**

45. **your**

46. **STRENGTH**

47. **are**

48. **than**

49. **with**

50. **strength**

51. **as**

52. **use**

53. **training**

54. **is**

55. **weights**

56. **is**

57. **lifting**

58. **weights**

59. **muscles**

60. **CONTROL**

61. **help**

62. **at**

63. **calories**

64. **calorie**

65. **It**

66. **uses**

67. **of**

68. **the**

same. If **yo** take in more calories than you burn, you gain weight. If you **ta** in fewer calories than you burn, you lose **wei**. Regular exercise **help** you burn calories.

Strength training may also help **wi** weight **kont**. Lifting weights burns calories. Lifting weights also makes **mo** muscle in your body. Muscles burn more calories than **fe**.

EXERCISE THAT MAKES YOU FLEXIBLE

Stretch exercises can make your body more flexible. **Th** are stretches for your arms, legs, neck, and trunk. Many **peop** do slow exercises and stretches called **yofa** to make their bodies more flexible. **AE** physical education teacher can **shoe** you how to do stretches.

You should do warm-up stretches before **yo** do aerobic or anaerobic exercises. **Yow** should do cool-down stretches when you **ou** finished exercising. Warm-up **end** cool-down stretches **kan** help prevent muscle injuries.

69. **you**

70. **take**

71. **weight**

72. **helps**

73. **with**

74. **control**

75. **more**

76. **fat**

77. **EXERCISE**

78. **Stretching**

79. **There**

80. **people**

81. **yoga**

82. **A**

83. **show**

84. **you**

85. **You**

86. **are**

87. **and**

88. **can**

Sentence Practice

A number of words have been removed from each sentence and listed below the sentence. Use the listed words to fill the blanks in the sentence.

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A. AND B. USUAL C. WORK D. YOUR E. THAN F. YOUR
G. TWO H. YOUR

2. Strength training may also help with weight control. Lifting weights burns calories. Lifting weights also makes more muscle in your body. Muscles burn more calories than fat.

A. YOUR B. FAT C. WEIGHTS D. WEIGHT E. MAY F.
LIFTING G. BURN H. STRENGTH

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A. IS B. MEASUREMENT C. ENERGY D. YOUR E.
AMOUNT F. OF G. BODY H. THE

4. When you take in the same number of calories that you burn every day, your weight stays the same. If you take in more calories than you burn, you gain weight. If you take in fewer calories than you burn, you lose weight. Regular exercise helps you burn calories.

A. CALORIES B. EXERCISE C. BURN D. YOU E. YOU F. WEIGHT G. CALORIES H. BURN

5. Aerobic exercise can help you lose weight. It can help you stay at a healthy weight. Aerobic exercise burns calories.

A. HELP B. AEROBIC C. HELP D. HEALTHY E. CAN F. WEIGHT G. CALORIES H. YOU

6. Doctors say you should do 20 to 30 minutes of aerobic exercise at least three times a week. You need to exercise hard enough to get your heart beating faster than normal. You can feel your heart beating. Use two fingers to feel a beat, or pulse, in your wrist or neck.

A. SHOULD B. TO C. THREE D. HEART E. CAN F. MINUTES G. BEATING H. LEAST

7. It is a good idea to have a trainer or physical education teacher show you how to lift weights properly. It is important not to injure yourself when lifting weights. Start out with small weights. Try lifting heavier and heavier weights as your muscles get stronger.

A. TRAINER B. LIFT C. AS D. WEIGHTS E. WHEN F. LIFTING G. START H. HOW

8. People exercise to keep healthy. They exercise to lose weight or to stay fit. They exercise to make their muscles bigger and stronger. Maybe you play soccer or some other sport for exercise. Getting exercise can be fun and can make you feel good.

A. SOCCER B. WEIGHT C. GETTING D. STRONGER E. EXERCISE F. THEIR G. PLAY H. FIT

9. Doctors say that regular aerobic exercise leads to a healthier heart. Jogging, walking, riding a bicycle, and other aerobic exercises lower the risk of heart disease. In one kind of heart disease, fatty stuff called plaque builds up in blood vessels going to the heart. Aerobic exercise helps prevent this buildup. Aerobic exercise also makes the heart and lungs stronger.

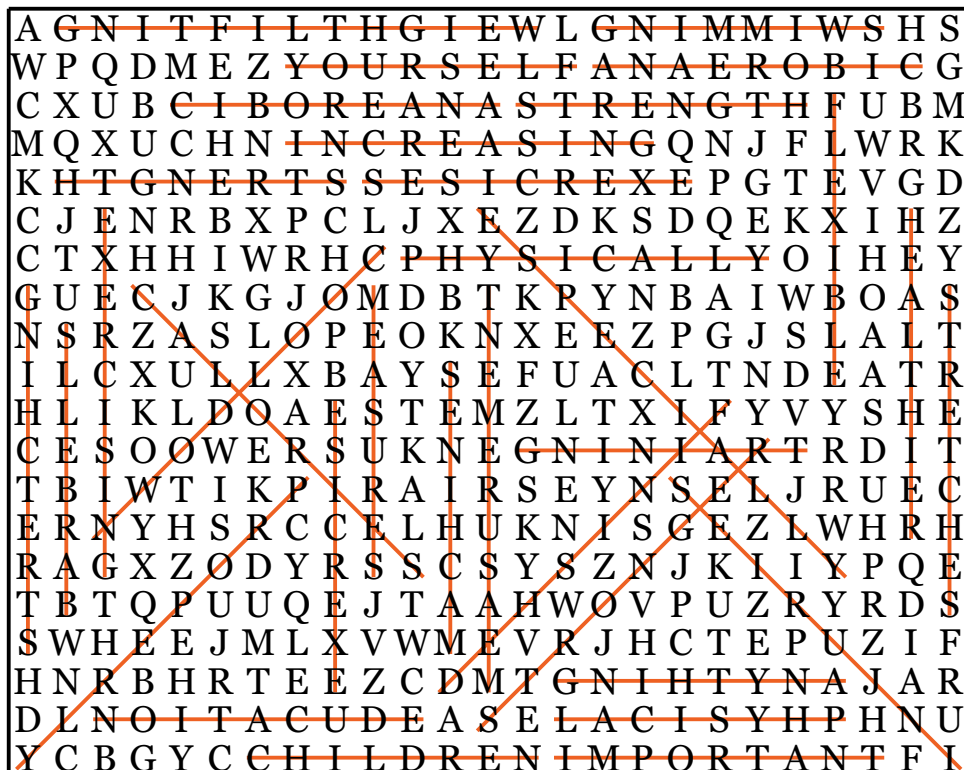
A. DISEASE B. EXERCISE C. REGULAR D. HEALTHIER E. STUFF F. HELPS G. AEROBIC H. HEART

10. Anaerobic exercise works just a few muscles at a time. Weightlifting is a kind of anaerobic exercise. Weightlifting and other kinds of anaerobic exercise make your muscles bigger and stronger. Anaerobic exercise does not require a lot of oxygen. It does not work your heart or lungs. You can only do anaerobic exercise for short periods of time because the muscles you're using quickly get tired.

A. PERIODS B. EXERCISE C. GET D. MUSCLES E. OXYGEN F. EXERCISE G. HEART H. REQUIRE

Word Practice

Find the hidden words. The words have been placed horizontally, vertically, or diagonally.



BARBELLS
EXERCISES
HEALTHIER
ANAEROBIC
STRETCHES
CALORIES
IMPORTANT
EXERCISING
COOL-DOWN
ANAEROBIC
SWIMMING

STRETCHING
INCREASING
MEASURES
ANYTHING
EDUCATION
WEIGHTLIFTING
YOURSELF
PHYSICALLY
EXERCISE
FLEXIBLE
MEASUREMENT

INJURIES
ESPECIALLY
TRAINING
STRONGER
PROPERLY
STRENGTH
STRENGTH
FINISHED
MACHINES
PHYSICAL
CHILDREN