

## 1. Read and answer the questions.

a) Why is doing workouts important for everybody?

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b) Write 3 things you can do after you wake up.

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c) Where can you do workouts on a hot day?

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## 2. Read again and match the parts.

a) Doing workouts

- have PE classes.

b) Students

- you sleep well.

c) After workouts,

- isn't boring.