

1. Answer the questions about the text.

a) Why is choosing an activity we like important?

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b) How does an aerobic activity affect our body?

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c) What is the importance of warming up before physical activity?

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d) How many servings of dairy products do we need to eat daily?

.....

2. Complete the sentences according to the text.

a) Some aerobic activities which we can try are

b) You need to stretch

c) Drinking water while exercising helps when you sweat.