Fitness and wellbeing: sentences

B1 · English · 16 questions

Worksheet: Fitness and wellbeing: sentences

Name: _____ Class: _____

Answer the questions.

1. It’s important to ___ every day to stay hydrated.
   a) drank water b) drink water c) drinking water d) drinks water

2. It’s important to ___ for eight hours every day.
   a) sleep b) sleeping c) sleeps d) slept

3. It’s important to ___ your muscles every day.
   a) stretch b) stretched c) stretches d) stretching

4. It’s important to ___ after school every day.
   a) relax b) relaxed c) relaxes d) relaxing

5. It’s important to ___ every day for good nutrition.
   a) ate fruit b) eat fruit c) eating fruit d) eats fruit

6. How long? ___ for three weeks.
   a) I swim b) I swimming c) I was swimming d) I’ve been swimming

7. ___ for two weeks to feel calm.
   a) I meditate b) I meditating c) I'm meditate d) I’ve been meditating

8. ___ for four weeks to get fit.
   a) I been running b) I run c) I've been run d) I’ve been running

9. I’ve been doing yoga ___ six weeks.
   a) ago b) during c) for d) since

10. She’s ___ sleeping better for two weeks.
    a) be b) been c) being d) was

11. It’s important to have ___ every day.

    a) a balance diets b) a balanced diet c) a diet balance d) balanced a diet

12. ___ every morning for five weeks.

    a) I stretching b) I'm stretch c) I've been stretch d) I’ve been stretching

13. Tom hurt his leg, so he ___ for two weeks.

    a) has been resting b) has rest c) have been resting d) is rest

14. We ___ sweets for three weeks to cut calories.

    a) don’t been eating b) hasn’t been eating c) haven’t been eating d) haven’t eat

15. It’s important to ___ every day, especially before exams.

    a) manage stress b) managed stress c) manages stress d) managing stress

16. It’s important to ___ so healthy habits become easy.

    a) build a routine b) building a routine c) builds a routine d) built a routine

Answers

1. drink water
2. sleep
3. stretch
4. relax
5. eat fruit
6. I've been swimming
7. I've been meditating
8. I've been running
9. for
10. been
11. a balanced diet
12. I've been stretching
13. has been resting
14. haven't been eating
15. manage stress
16. build a routine