Fitness and wellbeing: review

B1 · English · 16 questions

Flashcards

 workout	 sleep	 stretch	 energy
 hydrate	 meditation	 injury	 calorie
 routine	 stress		

Worksheet: Fitness and wellbeing: review

Name: _____ Class: _____

Write the word.

1.  _____
2.  _____
3.  _____
4.  _____
5.  _____
6.  _____
7.  _____
8.  _____
9.  _____
10.  _____

Fill in the gap.

calorie energy hydrate injury meditation routine sleep stress stretch workout

11. My _____ starts at six every morning.
12. I _____ for eight hours every night.
13. Please _____ your arms before you run.
14. Breakfast gives me _____ for the day.
15. You should _____ well during hot weather.
16. _____ helps me feel calm and quiet.
17. He had a knee _____ last month.
18. This apple has very few _____s.
19. A healthy _____ makes school days easier.
20. Exams can cause _____ for many students.

Answer the questions.

21. Which is correct? It's important to ___ every day.

a) drank water b) drink water c) drinking water d) drinks water

22. Complete: It's important to ___ every day.

    a) get enough sleep b) gets enough sleep c) getting enough sleep

    d) got enough sleep

23. Complete: I've been ___ for three weeks.

    a) ran b) run c) running d) runs

24. Complete: I've been swimming ___ two weeks.

    a) ago b) during c) for d) since

25. Complete: It's important to ___ before exercise.

    a) stretch b) stretched c) stretches d) stretching

26. Complete: I've been ___ meditation for four weeks.

    a) did b) do c) doing d) done

Answers

1. workout
2. sleep
3. stretch
4. energy
5. hydrate
6. meditation
7. injury
8. calorie
9. routine
10. stress
11. workout
12. sleep
13. stretch
14. energy
15. hydrate
16. meditation
17. injury
18. calorie
19. routine
20. stress
21. drink water
22. get enough sleep
23. running
24. for
25. stretch
26. doing