Fitness and wellbeing

B1 · English · 16 questions

Flashcards

 fitness	 wellbeing	 workout	 balanced diet
 nutrition	 calorie	 stress	 relax
 sleep	 meditation	 energy	 routine
 injury	 stretch	 hydrate	 habit

Worksheet: Fitness and wellbeing

Name: _____ Class: _____

Write the word.

1.  _____
2.  _____
3.  _____
4.  _____
5.  _____
6.  _____
7.  _____
8.  _____
9.  _____
10.  _____
11.  _____
12.  _____
13.  _____
14.  _____
15.  _____
16.  _____

Fill in the gap.

balanced diet calorie energy fitness habit hydrate injury
meditation nutrition relax routine sleep stress stretch
wellbeing workout

17. Regular exercise improves your _____ and your mood.
18. Spending time with friends is good for your _____.
19. I do a short _____ before breakfast.
20. A _____ includes fruit, vegetables and protein.

21. Good _____ helps children grow strong.
22. Every _____ in food gives your body energy.
23. Too much homework can cause _____.
24. I listen to quiet music to _____.
25. Teenagers need eight or nine hours of _____.
26. _____ helps me feel calm and focused.
27. Breakfast gives me _____ for the whole morning.
28. A daily _____ helps you stay healthy.
29. He missed the match because of an _____.
30. We _____ our legs before running.
31. You should _____ often on hot days.
32. Brushing your teeth is a healthy _____.

Answers

1. fitness
2. wellbeing
3. workout
4. balanced diet
5. nutrition
6. calorie
7. stress
8. relax
9. sleep
10. meditation
11. energy
12. routine
13. injury
14. stretch
15. hydrate
16. habit
17. fitness
18. wellbeing
19. workout
20. balanced diet
21. nutrition
22. calorie
23. stress
24. relax
25. sleep
26. meditation
27. energy
28. routine
29. injury
30. stretch
31. hydrate
32. habit