Exercise and Fitness

A2 · Vocabulary · WORKSHEET

Name: _____ Date: _____

1. Choose the correct word.

Choose the word that fits.

1. Before you run, you should ___.
   Choices: warm up / sit down / go home

   Answer: _____

2. She lifts ___ at the gym to get stronger.
   Choices: weights / books / cups

   Answer: _____

3. Exercise is good for your ___.
   Choices: heart / phone / desk

   Answer: _____

4. How often do you work out? — ___.
   Choices: Twice a week / Two weeks / In two

   Answer: _____

2. Complete the sentence.

Write one word.

1. I ___ out three times a week.

2. We ___ before we play. (prepare our body)

3. Exercise helps you ___ fit.

4. How ___ do you jog?

3. Stay fit.

Write about your fitness habits.

1. Write what you do to stay fit.

3. Stay fit. (continued)

2. Write how often you do it.

3. Write advice for a friend.