

# Exercise

Name: \_\_\_\_\_

'Exercise' words	Match the word to the jumbled word.
exercise	selcsum
healthy	ygrene
diet	esicreex
balance	itfeebn
muscles	letysefil
lifestyle	yhtaelh
nutrition	snefti
fitness	teid
benefit	cenaalb
energy	inottirun

What happens to your heartbeat when you start exercising?

---

---

Why does your heart react this way?

---

---

Do you exercise regularly? What type of exercises do you do? What exercise is the most fun?

---

---

Which is the correct relative pronoun?

The girl \_\_\_\_\_ did the most exercise won the competition. (that, who, whose, which)

My friend \_\_\_\_\_ is very healthy, is also very strong. (that, who, whose, which)

Isn't that Sarah, \_\_\_\_\_ brother is on a strict diet? (that, who, whose, which)

That dog, \_\_\_\_\_ has good balance, came first in the obstacle race. (whose, who, that)

That is Michael, \_\_\_\_\_ has big muscles. (that, who, whose, which)

Put the apostrophe in the correct place.

I wish I had Andys lifestyle.

Marys meal was delicious and had the right level of nutrition.

Peters fitness level was below par.

We had to do a years training to see the benefit of it.

The teams energy level was low.

