

name: class: date:

Health and Fitness



Health and fitness are vital parts of our lives, especially for students. In Physical Education (PE) classes, students learn about the importance of staying _____. Regular exercise improves not only physical health but also mental well-being. A key component of fitness is cardiovascular _____, which can be enhanced through activities like running or swimming. Another essential aspect is muscular _____, achieved through exercises like push-ups or weight lifting.

PE classes also teach about balanced _____, a crucial factor in maintaining health. Eating a variety of healthy foods fuels the body and mind for better performance in school and sports. Hydration is another important element, with water being the best _____ for staying hydrated during physical activities.

Flexibility is a component of fitness that is often overlooked. Stretching exercises increase _____, reducing the risk of injuries. Good fitness also involves maintaining a healthy _____, which can be achieved through a combination of exercise and proper diet.

Mental health is equally important. Physical activities can reduce stress and improve mood. PE classes often include team _____, which help in developing social skills and teamwork. Understanding the importance of rest and recovery, students learn about the need for adequate _____ to rejuvenate the body.

Finally, setting realistic fitness _____ is essential. It motivates students to stay committed to their health and fitness journey. PE classes play a critical role in teaching students about the long-term benefits of a healthy _____. Thus, health and fitness are not just about physical abilities but also about making healthy choices for a balanced life.

sports strength goals flexibility drink endurance active sleep
nutrition lifestyle weight