

My Healthy Lifestyle

1. Adjective
2. Verb - Present Ends In Ing
3. Noun
4. Number
5. Number
6. Adjective
7. Noun
8. Adjective
9. Noun

My Healthy Lifestyle

Today I met three [_____ *Adjective* _____] physical therapy students. They taught me the benefits of [_____ *Verb -* _____
Present ends in ING _____] and [_____ *Noun* _____]. To optimize results, it is recommended to stretch for at least [_____
Number _____] seconds and repeat for up to [_____ *Number* _____] times. It is important to exercise prior to
stretching to ensure that the muscles are [_____ *Adjective* _____]. Massage is beneficial because it decreases [_____
Noun _____], increases tissue [_____ *Adjective* _____], and decreases [_____ *Noun* _____].