

# 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 ].