Sports (MedlinePlus)

1. Noun - Plural

2. Noun

- 3. Adverb
- 4. Verb Non 3Rd Person Singular Present
- 5. Pronoun

Sports (MedlinePlus)

<u>Noun - Plural</u> can be a great way to get in shape or stay that way. Having a specific goal can be a great motivator. Physically, you need strength and endurance. Your <u>Noun</u> will vary with your sport. You would not train the same way for pole vaulting as for swimming. You might, however, cross train. Cross training simply means that you include a variety of fitness activities in your program. Research shows that cross training builds stronger bones.

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