

My Relaxing Day

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

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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 stretch after exercising so that the muscles are [_____ Verb - Past Tense _____] properly. Massage is beneficial because it decreases [_____ Noun _____], increases tissue [_____ Adjective _____], and decreases [_____ Noun _____]. It's true what they say, "[_____ Phrase _____]."