

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 _____].