

# 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 \_\_\_\_\_].