

ODI 2 P 4

Session 1

Benefits of exercise

1. Your muscles get stronger.
2. If you exercise regularly, your mental and physical health gets better.
3. If you exercise you don't get anxious and stressed.
4. It reduces your blood pressure.
5. Your body gets flexible.

Homework

Memorize this text.

Write a text and say what equipment do you use for your sport.

Write a text and say what did you do last week.