

Benefits of sport and exercise: pronunciation and vocabulary

Exercise 1: Syllable Stress

Instructions: Highlight the syllable that is stressed in each word.

Verbs	Adjectives	Nouns
re-lax	en-er-get-ic	en-dor-phin
ex-er-cise	mo-ti-va-ted	flex-i-bil-i-ty
com-pete	ac-tive	vi-ta-min
build	re-laxed	mus-cle
mo-ti-vate	ben-e-fi-cial	dis-ci-pline
in-crease	health-y	me-tab-o-lism

Exercise 2: Gap Fill Exercise

Instructions: Complete the following paragraph using the words from Exercise 1.

Sports and physical activities are very 1) _____. They can help you feel more 2) _____ and 3) _____. When you 4) _____, your body releases 5) _____, which make you feel good. These activities can 6) _____ your 7) _____ and improve your overall 8) _____. Moreover, regular exercise can 9) _____ your 10) _____ and make you feel more 11) _____. In addition, they teach you 12) _____ which is important in every aspect of life.

Answers
Exercise 1

Verbs	Adjectives	Nouns
re-la-x	en-er-get-ic	en-dor-phin
ex-er-cise	mo-ti-va-ted	flex-i-bil-i-ty
com-pete	ac-tive	vi-ta-min
build	re-laxed	mus-cle
mo-ti-vate	ben-e-fi-cial	dis-ci-pline
in-crease	health-y	me-tab-o-lism

Exercise 2

Sports and physical activities are very **beneficial**. They can help you feel more **energetic** and **motivated**. When you **exercise**, your body releases **endorphins**, which make you feel good. These activities can **increase** your **metabolism** and improve your overall **health**. Moreover, regular exercise can **build** your **muscle** and make you feel more **relaxed**. In addition, they teach you **discipline** which is important in every aspect of life.