



Three Types of Movement Your Body Needs Weekly

Description

Join CNN's Fitness, But Better newsletter series for expert-backed guidance on starting a healthy routine. Walking, a popular and easy exercise, offers numerous health benefits. Studies show that getting at least 2,300 steps per day can reduce the risk of cardiovascular disease. However, experts suggest that while walking is beneficial, it may not be high-quality exercise. Dr. Boyd recommends incorporating different types of movements into your routine to improve overall health and fitness. Dr. Cirino emphasizes the importance of stretching and varied movements to maintain muscle health and prevent injuries. Start slowly with small changes to your routine and gradually increase movement. Remember, movement inspires more movement. Find activities you enjoy to make fitness fun and social. Don't forget to prioritize your health by incorporating different movements into your daily routine.

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Vocabulary List:

1. **Guidance** // (noun): Advice or information that helps you make a decision or do something correctly.



2. **Routine** // (noun): A sequence of actions regularly followed.
3. **Beneficial** // (adjective): Having a good effect.
4. **Incorporating** // (verb): Including something as part of something else.
5. **Emphasizes** // (verb): To show that something is very important or worth giving attention to.
6. **Prioritize** // (verb): To decide which things are most important and do them first.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What medical condition is characterized by high levels of sugar in the blood?
Option: Hypertension
Option: Diabetes
Option: Arthritis
Option: Asthma
2. What natural process causes the body to change over time and become older?
Option: Rejuvenation
Option: Aging
Option: Immortalization
Option: Transformation
3. What term refers to extending the duration or lifespan of something?
Option: Shortening
Option: Halting
Option: Ceasing
Option: Prolonging
4. Which term describes the ability to conceive or produce offspring?
Option: Infertility
Option: Fertility
Option: Sterility
Option: Barrenness
5. What is a permanent alteration in the DNA sequence that makes up a gene?
Option: Gene Fusion
Option: Gene Amplification
Option: Genetic mutation
Option: Gene Silencing
6. What term refers to living a long life or having a long duration?



- Option: Brevity
- Option: Shortevity
- Option: Durationality
- Option: Longevity

7. Which term describes something that can be avoided or stopped from happening?

- Option: Unavoidable
- Option: Inevitable
- Option: Preventable
- Option: Irreversible

8. What term describes differences or inequalities especially related to treatment or opportunities?

- Option: Concordances
- Option: Homogeneities
- Option: Disparities
- Option: Equivalences

9. Which term indicates an unfair situation where some people or groups have more advantages than others?

- Option: Balances
- Option: Parities
- Option: Inequalities
- Option: Equities

10. What is a sequence of actions regularly followed or done in a fixed order?

- Option: Random
- Option: Occasional
- Option: Irregular
- Option: Routine

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ medications are used to reduce inflammation in the body.

12. The process of assessing or examining something is known as _____.

13. _____ refers to a mark of disgrace associated with a particular circumstance or person.

14. Individuals who are significantly below average height are often described as _____.



15. _____ genetic testing can identify the likelihood of developing a specific disease.
16. When something is not desired or deemed unnecessary it is considered _____.
17. The capacity to recover quickly from difficulties is known as _____.
18. Having a positive outlook or expecting a good outcome is being _____.
19. Adding exercise to your daily _____ can greatly improve your overall health.
20. _____ more vegetables into your diet can lead to better nutrition.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. studies involve observing and noting behavior in natural settings without direct intervention.
22. The of healthcare services is a critical issue for many individuals and families.
23. A is a common cause of male infertility due to the enlargement of veins within the scrotum.
24. Medical are actions taken to improve a person's health or prevent disease.
25. Systematic of policies can help determine their effectiveness and impact.
26. Reducing the associated with mental health can encourage more people to seek help.
27. treatments consider individual characteristics to provide personalized care.
28. Professional can help individuals navigate complex decisions or challenges.
29. Regular exercise has many effects on both physical and mental well-being.
30. It is important to tasks based on their urgency and importance.

Answer

Multiple Choice: 1. Diabetes 2. Aging 3. Prolonging 4. Fertility 5. Genetic mutation 6. Longevity 7. Preventable 8. Disparities 9. Inequalities 10. Routine

Gap-Fill: 11. Anti-inflammatory 12. Evaluation 13. Stigma 14. Short-statured 15. Predictive 16. Unwanted 17. Resilience 18. Optimistic 19. Routine 20. Incorporating

Matching sentence: 1. Observational 2. Affordability 3. Varicocele 4. Interventions 5. Evaluation 6. Stigma 7. Tailored



8. Guidance 9. Beneficial 10. Prioritize

CATEGORY

1. Health - LEVEL1

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