Health and fitness

Worksheet

Read each of the sentences below. Are they true or false? Circle either true or false next to each.

1. Swimming can help keep you fit. True / false
2. Being fit helps keep you healthy. True / false
3. Swimming gives you a cold. True / false
4. Swimming helps make you stronger. True / false
5. It is dangerous to do exercise that makes you out of breath. True / false
6. Swimming is good for your heart and lungs. True / false
7. Sea water is cleaner than that in the swimming pool. True / false
8. If you go swimming you do not need to have a bath at home. True / false
9. Your heart pumps blood to all the muscles. True / false
10. Your heart is a muscle. True / false
11. Muscles need to be exercised to keep them strong. True / false
12. Swimming exercises the heart. True / false
13. Swimming only uses a few muscles. True / false
14. Swimming uses all the main muscles in the body. True / false
15. If you are unfit, it is better to build up slowly. True / false