



Health and fitness

Worksheet

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

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|---|--------------|
| 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 |

