



Worksheet number (2) / Unit Three

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Subject: **Fit as a fiddle**

Class: 9th Grade

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ASSIGNMENT 2



Answer the following questions then send them on LMS...

1. Do you think keeping fit is important for people of all ages?

Give me 2 reasons.

A. it significantly improves physical health by lowering the risk of chronic diseases

B. it boosts mental well-being through stress reduction and improved cognitive function



2. How can a person be healthy and fit?

A. regular physical activity

B. a nutritious diet

C. adequate sleep

D. stress management

3. What you do...

- if you feel stressed and need to relax : you can relax by engaging in physical activity like walking or stretching, practicing relaxation techniques such as meditation or deep breathing, connecting with others by talking to friends and family, and making time for enjoyable activities like hobbies or listening to music

- if you feel ill or get hurt : stay home, rest, and stay hydrated

English Department.