

C1

_____ to the gym regularly.

Answer: _____

_____ warm up before exercising.

Answer: _____

_____ your teammates during the game.

Answer: _____

_____ stretching exercises after workouts.

Answer: _____

_____ your coach's instructions.

Answer: _____

_____ enough rest and sleep.

Answer: _____

_____ your opponent's moves carefully.

Answer: _____

_____ your sports equipment in good condition.

Answer: _____

_____ hydrated by drinking water.

Answer: _____

_____ proper sports attire.

Answer: _____

Answers

_____ to the gym regularly.

Answer: Go

_____ warm up before exercising.

Answer: Always

_____ your teammates during the game.

Answer: Support

_____ stretching exercises after workouts.

Answer: Do

_____ your coach's instructions.

Answer: Listen to

_____ enough rest and sleep.

Answer: Get

_____ your opponent's moves carefully.

Answer: Study

_____ your sports equipment in good condition.

Answer: Keep

_____ hydrated by drinking water.

Answer: Stay

_____ proper sports attire.

Answer: Wear