10. It's important to take rest and allow your body time to recover after a\_\_\_\_\_\_\_\_ . (gym / workout / warmup / fasting)

Answer: workout

11. Rowing is a wonderful exercise to improve your \_\_\_\_\_\_\_\_ strength, cardiovascular health and burn calories. (chest / hands / arm / upper body)

Answer: upper body

12. During a yoga session, you move your body through a sequence of poses or \_\_\_\_\_\_\_\_ known as asanas. ( forms/ postures / gestures / steps)

Answer: postures

13.When it comes to healthy eating, it's important to consume a balanced diet that includes plenty of \_\_\_\_\_\_\_\_ (protein / caffeine / sugar / alcohol).

Answer: protein

14. When thinking of physical fitness, many people underestimate the importance of \_\_\_\_\_\_\_\_ , which is essential for muscle recovery and overall health. (fat / running / sugar / sleep)

Answer: sleep

15. \_\_\_\_\_\_\_\_ , a martial art that combines elements of dance, music, and fluid movement, was developed by African slaves in Brazil, who disguised their combat training as dance and music to avoid being caught. (Zumba / pilates / Capoeira / yoga)

Answer: Capoeira