



ПОЛУЧИТЬ БЕСПЛАТНУЮ КОНСУЛЬТАЦИЮ

ПОДПИСЫВАЙТЕСЬ
на нас в Телеграм



Подписчикам СКИДКИ! Телеграмм канал → t.me/sinerqy
Магазин готовых ответов на тесты купить в магазине по ссылке: sinerqy.com/list/
Нужна помощь с тестами, практикой? Пиши: sinerqy@yandex.ru, WhatsApp, Telegram

1. What is the recommended amount of daily physical activity for adults?
2. Which exercise helps to strengthen the core muscles?
3. What type of exercise is best for cardiovascular health?
4. How often should strength training be done per week for optimal results?
5. What should you do before beginning any exercise routine?
6. Which of these activities is low-impact and easy on the joints?
7. What is the primary benefit of regular stretching?
8. Which of the following is a weight-bearing exercise?
9. What is the best way to prevent muscle strain during exercise?
10. How long should a proper cool-down last after a workout?
11. What type of exercise is yoga primarily considered?
12. Which of the following is a recommended way to increase daily physical activity?
13. Which exercise is most effective for improving cardiovascular endurance?
14. How many times a week should adults engage in moderate-intensity aerobic activity?
15. Which of the following activities helps improve balance and coordination?
16. What is a good way to stay active if you work a desk job?
17. Which type of exercise is recommended to prevent osteoporosis?
18. What is a common benefit of regular hand washing?
19. Which of these is essential for a healthy immune system?
20. Which vitamin is known as the 'sunshine vitamin'?
21. Which habit is best for reducing the risk of heart disease?

Самый быстрый способ связи - мессенджер (кликни по иконке, и диалог откроется)



WhatsApp



Telegram



Max



sinerqy@yandex.ru



sinerqy.com



ПОЛУЧИТЬ БЕСПЛАТНУЮ КОНСУЛЬТАЦИЮ

ПОДПИСЫВАЙТЕСЬ
на нас в Телеграм



Подписчикам СКИДКИ! Телеграмм канал → t.me/sinerqy
Магазин готовых ответов на тесты купить в магазине по ссылке: sinerqy.com/list/
Нужна помощь с тестами, практикой? Пиши: sinerqy@yandex.ru, WhatsApp, Telegram

22. What is a key benefit of regular health screenings?
23. How much sleep is generally recommended for adults each night?
24. What activity can help reduce stress levels?
25. Which food group is known to support heart health?
26. Which type of fats should be limited to maintain good health?
27. What is the benefit of taking breaks during long work hours?
28. Which habit can help in reducing the risk of developing type 2 diabetes?
29. What is one of the best ways to prevent the spread of infections?
30. Which mineral is essential for red blood cell production?
31. How much water should an average adult drink daily?
32. Which type of sleep is most restorative for the body?
33. Which common habit can increase the risk of high blood pressure?
34. Which nutrient is essential for muscle repair?
35. Which of these foods is high in fiber?
36. What is a good source of healthy fats?
37. Which vitamin is important for skin health?
38. What mineral helps to build strong bones?
39. Which food is an excellent source of Vitamin C?
40. Which type of diet helps maintain steady blood sugar levels?
41. Which of these is a whole grain?
42. What is a benefit of drinking enough water daily?
43. What type of food can help improve gut health?

Самый быстрый способ связи - мессенджер (кликни по иконке, и диалог откроется)



WhatsApp



Telegram



Max



sinerqy@yandex.ru



sinerqy.com

<https://sinerqy.com/list/>

ГОТОВЫЕ ОТВЕТЫ МАГАЗИН

<https://sinerqy.com/list/>

ГОТОВЫЕ ОТВЕТЫ МАГАЗИН

<https://sinerqy.com/list/>

<https://sinerqy.com/konsultaciya/>



ПОЛУЧИТЬ БЕСПЛАТНУЮ КОНСУЛЬТАЦИЮ

ПОДПИСЫВАЙТЕСЬ
на нас в Телеграм



Подписчикам СКИДКИ! Телеграмм канал → t.me/sinerqy
Магазин готовых ответов на тесты купить в магазине по ссылке: sinerqy.com/list/
Нужна помощь с тестами, практикой? Пиши: sinerqy@yandex.ru , WhatsApp , Telegram

44. Which of the following is a complete source of protein?

45. Which food group is rich in carbohydrates?

46. What is the main benefit of eating whole grains?

47. Which vitamin is crucial for eye health?

48. What kind of diet can help reduce inflammation in the body?

49. Which food group is an excellent source of protein?

50. Which activity is recommended for improving mental well-being?

51. What is one way to promote better sleep quality?

52. Which is a common practice in mindfulness?

53. Which is a benefit of having a positive mindset?

54. What is one effective way to manage time better?

55. What is a key benefit of practicing gratitude daily?

56. Which practice is known to improve mental clarity and reduce stress?

57. What is the benefit of maintaining social connections?

58. Which activity is considered beneficial for emotional well-being?

59. How can practicing deep breathing help?

60. What is one benefit of keeping a journal?

Самый быстрый способ связи - мессенджер (кликни по иконке, и диалог откроется)



WhatsApp



Telegram



Max



sinerqy@yandex.ru



sinerqy.com

https://sinerqy.com/list/

ГОТОВЫЕ ОТВЕТЫ МАГАЗИН

https://sinerqy.com/list/

ГОТОВЫЕ ОТВЕТЫ МАГАЗИН

https://sinerqy.com/list/

https://sinerqy.com/konsultaciya/ https://sinerqy.com/konsultaciya/ https://sinerqy.com/konsultaciya/