

Task 2.4: Replace the BOLD part with the word below in the parentheses.

disease

fitness

boost

stimulate

enhance

treat

prevent

wellness

① Some people need some vitamins to **support** [] the process of producing energy to whole body.

② Yoga is such a great exercise to remain the **healthiness** [] of the mind and body.

③ Our government takes a slow action to **improve** [] English skills of the citizens.

④ I'm trying to improve my body **strength** [] by cycling to work.

⑤ We **increase** [] our confidence by wearing beautiful clothes.

⑥ She has to take some drugs to **cure** [] herself from the sickness.

⑦ Please prepare it carefully to **block** [] a chance of any mistake.

⑧ His father passed away because of a bad **illness** [].

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Task 2.5: Complete each sentence with these following words.

blood pressure

efficiency

immune system

injury

joints

metabolic rate

muscles

① Carrying something too heavy can cause _____ to your body.

② You will be safe from all bad diseases if your _____ works well.

③ You can burn calories a lot better if your _____ becomes higher.

④ A new model of iPhone has a better _____ on power management than the former one.

⑤ A nurse will take your _____ and ask for your weight when you go to see the doctor.

⑥ If you exercise regularly, your _____ and _____ throughout the whole body may get stronger.

Name _____ No. _____