

Complete the sentences with words from the box. Then, read the sentences with a partner.

|        |             |                  |            |         |
|--------|-------------|------------------|------------|---------|
|        | regularly   | little by little | equipment  |         |
| active |             | weights          | health     | cut out |
|        | cut down on | swimming pool    | convenient |         |

1. To remain in good \_\_\_\_\_, eat good food and exercise regularly.
2. Because of his illness, Jack had to \_\_\_\_\_ his hours at work.
3. Lt Gray has become stronger because he lifts \_\_\_\_\_ every day.
4. We can use the indoor \_\_\_\_\_ to swim laps in the winter.
5. Getting to work is \_\_\_\_\_ for me. My house is very close to my job.
6. Mrs. Bell has lots of energy. She's very \_\_\_\_\_.
7. For my health, my doctor told me to \_\_\_\_\_ cigarettes.
8. When you have a lot of work to do, begin \_\_\_\_\_ and do just one thing at a time.
9. These old machines are too slow. We need to buy new \_\_\_\_\_ to do our jobs well.
10. Ron lifts weights \_\_\_\_\_ to build his strength.

Write the words to complete some common phrases.

gradually  
energy  
suggestion  
laps  
weights  
swimming pool  
equipment  
fit

1. be full of \_\_\_\_\_
2. to use exercise \_\_\_\_\_
3. to lose weight \_\_\_\_\_
4. an indoor \_\_\_\_\_
5. to make a \_\_\_\_\_
6. to lift \_\_\_\_\_
7. to get \_\_\_\_\_
8. to swim \_\_\_\_\_