

PHRASAL VERBS

- a) There are plenty of tips to follow if you want to be fit and healthy. Read these pieces of advice and complete them with a phrasal verb from the box.

cut down on	stick to	burn off	build up	wears /out	warm up
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- The type of training you do differs depending on whether you want tostrength or increase stamina.
- You are bound to suffer severe injuries if you don't take the time to.....before working out.
- Some people decide totheir training program, even if it meant getting up at six in the morning.
- If you want to lose weight,.....all that candy you've been eating.
- You are deceiving yourself if you think you can.....fat by working out once a week.
- Sitting in front of a computer for eight hours a day really.....you.....

COLLOCATIONS

- b) Match the adjectives and nouns to make collocations.

- balanced
- absolute
- dramatic
- personal
- competitive
- hectic
- practical
- state-of-the-art

- tips
- sports
- schedule
- diet
- beginner
- equipment
- trainer
- improvement



- c) What do people talk about in gyms? Now complete the sentences using a suitable collocation.

- If you wish to have one-on-one training session, you should hire a(n).....
- Following a(n).....is an important part of staying healthy.
- The online Pilates video included some.....that made doing the exercises easier.
- They met very rarely because they both had a(n).....
- This class is for.....so, don't worry if you've never done yoga before.
- The new gym has.....and constant air-conditioning.
- She's been training for a month, but I can already see a(n)..... in her performance.
- Participating inteaches children skills to compete in the real world.