

3 Complete the sentences with the verbs from the box.

burn do go join ~~lose~~ sleep warm work

Top tips to stay healthy and ¹lose weight!

- You don't need to ²_____ on a diet to feel good.
- Jogging is a good way to ³_____ off calories.
- You should ⁴_____ up before you start running.
- ⁵_____ a gym and get fit fast!
- With a home gym you can ⁶_____ out and ⁷_____ exercises in your living room.
- It's important to ⁸_____ well, so get a good bed.