

Read the dialogue and do the following requirements:

+ choose the suitable words/ phrases in bold sentences

+ put the verbs in the brackets into their correct tenses

A Family's Journey to Healthier Life

Me: Grandma, you look _____. What's wrong?

My grandma: I want to relax, but I can't use my new smartphone.

Me: I (1- already show) _____ you how to use your new smartphone. You shouldn't be angry, just forget it. **You should try another thing, such as playing sports or doing exercise so that you can stay _____ and healthy.** Take my mother and I as examples. My mother (2 take – up) _____ aerobics ten years ago. It really makes her strong. About me, I (3 – win) _____ several races since I started a new workout routine.

My grandma: Uhm. I _____ of taking up yoga. **I feel a bit stressed / stress these days**

Me: _____ **Ms. Wilson?** She's a great yoga instructor. **You must sign up for her class immediately because your health _____ worse.**

My grandma: I agree. I _____ **that we must take better care of ourselves.** I (4 - just decide) _____ to give up learning to use smartphones because it (5- make) _____ me tired so far.