**My quiz Proficiency**

**Unit 5 Reading**

**Name:**

**Date:**

Complete the sentences with the words (squat, resistance, intermittent, fasting, eschew, fatigue, swelling, reputedly, notwithstanding, see eye-to-eye) and the correct form.

1. The only thing they ..... on is their mutual dislike for each other.
2. Many of the world's religions observe periods of ..... during certain months of the year.
3. The body's ..... to infections depends on a healthy immune system.
4. The eco-activists continued with their protest, the rain ..... .
5. He did five sets of twenty push-ups and sit-ups and then jogged for an hour before he felt any ..... .
6. Although the rain was only ..... , it still spoiled our plans , as we did not know when it would start again after stopping.
7. Lionel ..... food additives and cooks all his food from scratch.
8. Zita went to the doctor as she was worried about the ..... around her eyes.
9. Peter has to ..... to be on eye-level with his toddler.
10. Burpees are ..... The best single exercise for fitness and weight loss .

LIVEWORKSHEETS