

Health & Fitness

Task 1: Match the Words with Their Definitions

1. **Treatment**
2. **Strength**
3. **Muscles**
4. **Examine**
5. **Suffer**

- a) To feel pain or discomfort because of illness or injury.
- b) The medical care given to someone who is sick or injured.
- c) The power of the body to lift, move, or push things.
- d) Soft tissues in the body that help you move.
- e) To look at something carefully to check for problems.

Task 2: Fill in the blanks. Complete the sentences using the correct vocabulary word.

1. The doctor _____ her carefully, but could not find anything wrong.
2. He is receiving _____ for his health problem.
3. Regular exercise can help you improve your muscle_____.
4. To build your _____, you can try lifting weights.
5. Nam can't sleep well. He is _____ stress.