



## VOCABULARY | Staying healthy 1

- 1 I lift weights twice a week because I'm trying to build .  
2
- 2 You need to keep exercising to stay .  
3
- 3 I'm so tired! I just did a really  exercise class.  
4
- 4 Let's go jogging! I need to burn .  
5
- 5 I'm not in great shape, but I can do  exercise classes.  
6
- 6 My aerobics class instructor is super . She does hours of exercise every week.  
7
- 7 I didn't do any exercise for three months so now I'm  again.