

## Title: My Journey to a Healthy Lifestyle

start	feel	have	change	exercise
lose	go	examine	be	buy

I (1) \_\_\_\_\_ my fitness journey two years ago. At that time, I (2) \_\_\_\_\_ many bad habits, like staying up late and eating fast food. I (3) \_\_\_\_\_ tired all the time and lacked energy. However, everything (4) \_\_\_\_\_ when I joined a local gym. Since then, I (5) \_\_\_\_\_ regularly and followed a balanced diet. I (6) \_\_\_\_\_ 5 kilograms so far. Last week, I (7) \_\_\_\_\_ to the doctor for a check-up. He (8) \_\_\_\_\_ me carefully and said that my muscles (9) \_\_\_\_\_ much stronger now. I (10) \_\_\_\_\_ a new pair of running shoes to continue my journey.

