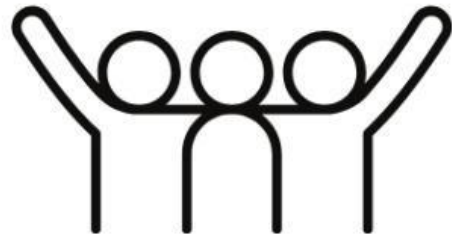


FRIENDSHIP

WORD FORMATION



Complete each sentence using the correct form of the word in brackets.

1. Regular exercise can improve your physical _____ and help you feel more energetic. (FIT)
2. Eating a balanced diet is essential for maintaining good _____. (HEALTHY)
3. It is _____ to drink enough water throughout the day, especially when exercising. (IMPORTANCE)
4. Many people underestimate the _____ of getting enough sleep every night. (NECESSARY)
5. A lack of sleep can have a _____ effect on your mood. (HARM)
6. Walking or cycling to work is an _____ way of including more physical activity in your daily routine. (EFFECT)
7. You should increase your water _____ if you are exercising in hot weather. (CONSUME)
8. Eating too much processed food can contribute to the _____ of several health problems. (DEVELOP)
9. Regular physical activity can significantly _____ your risk of developing heart disease. (REDUCTION)
10. It is important to make _____ choices about what you eat rather than following every new diet trend. (CONSIDER)
11. A healthy lifestyle requires _____ and a willingness to make long-term changes. (COMMIT)
12. Stretching before and after exercise can improve your _____ and reduce the risk of injury. (FLEXIBLE)