

Fitness Phrasal Verbs

Read the sentences and choose the correct particle for the phrasal verb.

1. I started swimming to get _____ shape.
2. Cycling is a great way to burn _____ calories.
3. She goes to the gym regularly to _____ fit.
4. I'm trying to cut _____ on sugary snacks.
5. Regular exercise will build _____ your strength.
6. It's difficult to stick _____ an exercise routine.
7. He decided to cut _____ fast food completely.
8. She went _____ a diet before the wedding.
9. I'm going to sign up _____ a yoga class.
10. My brother took _____ running last year.
11. He's taken _____ five kilos since he started lifting weights.
12. I usually go _____ a run before breakfast.

