

get rid of                  go on                  count on                  hang on                  hold onto                  pass by

1. There is always something fun \_\_\_\_\_ at my local community centre, like a party or a special celebration.
2. You really need to \_\_\_\_\_ these dirty old clothes.
3. If you want to move forward, you can't \_\_\_\_\_ the past.
4. I love online shops, but you can never really \_\_\_\_\_ them to deliver your stuff exactly when you need it.
5. Just \_\_\_\_\_ a moment, I'll be ready in 5 minutes!
6. Don't let this opportunity \_\_\_\_\_ without making the most of it. You may not get another chance!

cut back                  burn off                  put off                  doze off                  get off                  pick up

1. I'm sorry I was late, I \_\_\_\_\_ on the train and missed my stop!
2. If you want to lose weight, you should really \_\_\_\_\_ on alcohol.
3. I'm trying to be more active, so let's \_\_\_\_\_ the bus here and walk home!
4. If you want to travel, don't \_\_\_\_\_ it \_\_\_\_: do it now!!
5. Shall we go dancing? It's the best way to \_\_\_\_\_ all that pizza we just ate.
6. If you're bored, why not \_\_\_\_\_ a new hobby? What about knitting?

cut down on                  work off                  stand by                  think through                  look forward to                  miss out

1. If you are faced with a difficult decision, you should \_\_\_\_\_ it \_\_\_\_\_ carefully.
2. I think I might \_\_\_\_\_ sugar. Do you have any tips?
3. I was really \_\_\_\_\_ the party, but now I have to work so I can't go. ☹
4. I'm sorry, I can't just \_\_\_\_\_ and watch you eat unhealthy food for the rest of your life; let me help you.
5. The best way to \_\_\_\_\_ that chocolate bar is to use the stairs instead of taking the lift.
6. If you don't come on holiday with us, you will \_\_\_\_\_ on all the fun!

look up to                  look for                  get back                  go back                  get on

1. Children will often try to copy somebody that they \_\_\_\_\_.
2. Yes, you can take your break now. What time will you \_\_\_\_\_?
3. We loved Spain last year, so we are \_\_\_\_\_ again this year!
4. If you're \_\_\_\_\_ an easy way to redecorate, why not try changing your shower curtain or re-covering your sofa cushions?
5. I don't use Facebook because I just don't \_\_\_\_\_ well with other people.