1. Match

Vocabulary Activity 2!!!

Match them.
Duh.

diet	A. You do this when you're tired or stressed.
aching	B. People eat a little and certain food.
recover	C. You exercise so you can _ _ _ _ _ _ _
goes to the gym	D. Taking care of your body by eating healthy, drinking water, exercise, and get enough sleep
do exercise	E. A kind of exercise where you run.
breathe deeply	F. You read books , play videos or sport to _ _ _ _ _ _ _ _ _ _ _ _
go jogging	G. When your body hurts or when it's painful
look after health	H. A place where you can exercise or workout.
keep fit	I. You need to _ _ _ _ _ _ _ when you're hurt or tired.
reduce stress	J. A good way to keep fit.

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2. Write th words in exercise 1 in the gaps.



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