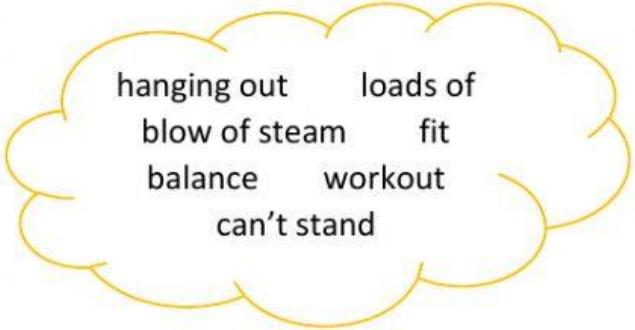


## Fitness for fun

Read the sentences and complete them with words from the box.

There's one extra word.



hanging out      loads of  
blow of steam      fit  
balance      workout  
can't stand

1 Majed -----working out at the gym. He just dislikes sweating.

2 After my -----, I have a cool shower and then something to eat.

3 If you do exercise with friends, it's just as much fun as----- at the mall.

4 Kholoud and her sister have decided to get -----so they walk 4 kilometres every day after school.

5 There are -----books and DVDs about fitness.

6 Omar runs home from school every day – it's his favourite way to -----.