

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

Read the sentences and complete them with words from the box. There's one extra word.

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.....