

Complete the sentences. Use the words in the box. Listen and check.

breathe deeply do exercise go jogging
goes to the gym look after her health
keep fit reduce stress recover aching diet

- 1 My mum said she was feeling worried because we're moving house so she wanted a way to _____.
- 2 We go to the sports centre together to relax and _____.
- 3 You can _____ there, like running or swimming.
- 4 When we _____ we wear special glasses. It feels like we're running away from a monster!
- 5 While my mum _____ to lift weights, there's a big swimming pool where I go to swim with sharks.
- 6 After we exercise, there are lovely places to sit and _____.
- 7 There's a little pool that we sit in when we've got tired, _____ legs.
- 8 There's a garden on the roof. You can just sit, _____ and listen to the river.
- 9 They've only got healthy food. A good _____ is important – so they haven't got cake or ice cream.
- 10 My mum always says she wants to _____ better.