

EXERCISE 2

Complete the sentences with the verbs in the box.

do	drink	drink	eat	get	get	go	join	play
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1. It can be expensive to _____ a gym, but they often have a lot of modern equipment.
2. It is very important to _____ plenty of water whenever you _____ exercise.
3. I _____ lots of fruit and vegetables and do yoga twice a week.
4. It is a good idea to have a personal trainer to _____ advice about living healthily.
5. I play tennis three times a week and _____ for walks in the park.
6. It is important to _____ lots of sleep every night.
7. When you _____ green tea, it can help you relax.
8. Many young people _____ a sport or do exercise at school.