

**PHRASAL VERBS**

a) There are plenty of tips to follow if you want to be fit and healthy. Read these pieces of advice and complete them with a phrasal verb from the box.

cut down on	stick to	burn off	build up	wears /out	warm up
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- The type of training you do differs depending on whether you want to .....strength or increase stamina.
- You are bound to suffer severe injuries if you don't take the time to.....before working out.
- Some people decide to .....their training program, even if it meant getting up at six in the morning.
- If you want to lose weight,.....all that candy you've been eating.
- You are deceiving yourself if you think you can.....fat by working out once a week.
- Sitting in front of a computer for eight hours a day really.....you.....

**COLLOCATIONS**

b) Match the adjectives and nouns to make collocations.

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|---------------------|----------------|
| 1. balanced         | a. tips        |
| 2. absolute         | b. sports      |
| 3. dramatic         | c. schedule    |
| 4. personal         | d. diet        |
| 5. competitive      | e. beginner    |
| 6. hectic           | f. equipment   |
| 7. practical        | g. trainer     |
| 8. state-of-the-art | h. improvement |



c) What do people talk about in gyms? Now complete the sentences using a suitable collocation.

- 1) If you wish to have one-on-one training session, you should hire a(n).....
- 2) Following a(n).....is an important part of staying healthy.
- 3) The online Pilates video included some.....that made doing the exercises easier.
- 4) They met very rarely because they both had a(n).....
- 5) This class is for.....so, don't worry if you've never done yoga before.
- 6) The new gym has.....and constant air-conditioning.
- 7) She's been training for a month, but I can already see a(n)..... in her performance.
- 8) Participating in .....teaches children skills to compete in the real world.