

5 Complete the text with the words in the box.

healthy temperatures power walk kilometres exercise activity drive overweight jogging

According to one Emirati expert, people in the UAE aren't doing enough _____¹.

Most people _____² to work, where they sit at computers all day. But who wants to go _____³ or cycling when the temperature is 48 degrees outside?

Well, have you thought about 'mall walking'? 'It's a great fitness _____⁴ you can do when it's too hot to exercise outside,' says Noura Al Qupaisi, a medical student. 'The cool _____⁵ inside a mall means that you can walk at a fast pace. It makes it a great place to _____⁶.

One day, I looked at my pedometer and I had walked over six _____⁷,' she said. 'It's helping me keep fit and _____⁸ and I enjoy it.

So how about it? Is it time to put on your walking shoes and head off to the mall?