

eat healthily	start training	drink enough water	wear protective gear
exercise	take a break	fit and healthy	warm up exercises

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Selangor.

Hi Rizal,

How are you? Hope you are fine. I heard that you are going to participate in the BMX race organised by the Adventure Sports Centre. It is good that you have the courage to join an adventure sport that you like doing.

Since the race is just around the corner. I would like to advise you to be physically prepared. You must \_\_\_\_\_ from now. Before you start. you must always do \_\_\_\_\_ to prepare your body for the training. Make sure you \_\_\_\_\_ to prevent any injury while doing the activity. If you are tired \_\_\_\_\_ before you continue with the training. Make sure you \_\_\_\_\_ to prevent dehydration. Most importantly, you must always \_\_\_\_\_, \_\_\_\_\_ and train to make sure you remain \_\_\_\_\_. I wish you good luck and stay calm for the race. I know you can do it!

Regards.