

DRAG AND DROP

Your friend is going to join a BMX race organised by the Adventure Sports Centre. Write a letter to advise him or her on how to prepare for the race. Use the words in the boxes to help you.

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

2615,

Jalan BP 14/1,

Taman Muhibbah,

47100 Puchong,

Selangor

Dear Abu,

How are you? I 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 that 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 _____ exercise _____, 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,