



Read the examples and write original sentences using the words in bold to demonstrate their meaning.
Focus on creating sentences that show how the words are used in real-life situations.

Keep heart rate up: Regular cardiovascular exercise, like brisk walking or swimming, helps to **keep your heart rate up** and improve overall fitness.

Cut a check: The organization requested a donation, so I decided to **cut a check** for \$100 to support their cause.

Get a million hits: The funny cat video went viral and **got a million hits** on YouTube within a week.

Capitalize on the situation: The restaurant noticed a sudden increase in demand for vegan options, so they decided to **capitalize on the situation** by introducing a new plant-based menu.

You rock: Your presentation was fantastic! **You really rocked** it with your confident delivery and thorough research.

Fall back on: Despite her passion for painting, she knew she could **fall back on** her degree in graphic design if she needed a stable job.

Read the text and fill in the gaps with words from the box

cut hits rate capitalize on a check

Once upon a time, in a small town, there lived a young woman named Maya. Maya was passionate about fitness and aimed to lead a healthy lifestyle. Every morning, she would head to the local gym to work out and **keep her heart** up. She believed that staying active was the key to a balanced life.

One day, while browsing through her emails, Maya received an unexpected message. It was from a famous fitness company, offering her a sponsorship deal. Excited by this opportunity, Maya couldn't believe her luck. She quickly accepted the offer and prepared to take her fitness journey to new heights.

However, Maya soon realized that being a brand ambassador required some financial investment. She needed to cover travel expenses, promotional materials, and other related costs. Undeterred, Maya decided to **a check** to secure her ambassadorship. She reached out to her supporters and started a crowdfunding campaign to gather funds.

Her supporters were thrilled by the opportunity to contribute to Maya's journey. They generously donated, and the campaign quickly gained momentum. Maya was overwhelmed by the response, and within days, she had received enough funds to support her ambassadorship.

With the financial support from her backers, Maya was able to **cut** to cover her expenses and fulfill her commitment as the fitness company's brand ambassador. She felt grateful for the support and vowed to make the most of this opportunity.

Maya's partnership with the fitness company proved to be a turning point in her life. Her workout videos and fitness tips gained immense popularity, and her social media following **got a million**. People admired her dedication and were inspired to embrace a healthier lifestyle.

As Maya's influence grew, so did her opportunities. She began receiving endorsement deals, invitations to speak at fitness conferences, and requests for collaborations. Maya's dedication and hard work had truly paid off.

Through it all, Maya never forgot the people who believed in her from the start. She expressed her gratitude by giving back to the community. She **cut a check** from her earnings to support local fitness initiatives, offering scholarships for underprivileged individuals to access fitness programs.

Maya's story became an inspiration for aspiring fitness enthusiasts. People admired her for her perseverance, positive attitude, and ability to **the situation**. She showed them that with determination and the right support, anyone could achieve their dreams.

Maya's journey proved that success comes to those who are willing to put in the effort and take calculated risks. By having the courage to **cut a check** to invest in her ambassadorship, Maya opened doors to opportunities beyond her imagination. She continued to inspire others with her message of health, wellness, and the power to believe in oneself. **You rock, Maya!**

And so, Maya's story was no longer just a story, but a **double rainbow** of triumph, resilience, and the limitless potential of the human spirit.

