

## Word Forms

1. There are lots of factors to be \_\_\_\_\_ (take) into consideration before deciding the solution.
2. These factors are \_\_\_\_\_ (overlook) leading to the failure of many trials.
3. He keeps \_\_\_\_\_ (work) hard until late at night to achieve his goal.
4. Often, we go home \_\_\_\_\_ (drain) and tired after working all day long.
5. Children not only need love, care, but also \_\_\_\_\_ (attend) from parents.
6. The lack of loving and caring will result in \_\_\_\_\_ (lonely).
7. You should consider whether you can afford your pet's \_\_\_\_\_ (keep).
8. He has \_\_\_\_\_ (mature) beyond his age.
9. He does not benefit \_\_\_\_\_ (finance) from sales of the book.
10. Everyone should take the necessary \_\_\_\_\_ (caution) to keep ourselves safe.
11. Regular Exercise is a healthy way to \_\_\_\_\_ (loose) up the body.
12. Jogging is \_\_\_\_\_ (easy) done either by alone or in groups.

13. It may be \_\_\_\_\_ (advise) to begin exercising under supervision of a trained instructor.

14. It is important to begin by exercising \_\_\_\_\_ (gentle) and then work up to a level of activity that does not put an undue strain on the body.

15. Isometrics, which is a kind of system involves \_\_\_\_\_ (tense) the muscle while keeping the limbs still.

16. These exercises keep the muscles \_\_\_\_\_ (tone) up and improve the posture.

17. The \_\_\_\_\_ (effect) of treatment to the heart is doubtful.

18. Many people who would like to be fit begin by \_\_\_\_\_ (exercise), but they may gradually lose interest in their programme.

19. We should stop exercising when feel tired to avoid \_\_\_\_\_ (exhaust) yourself.

20. Exercises are \_\_\_\_\_ (repeat) and they are effective only if you are prepared to do them daily for an indefinite period.