7 7.R8 **Fill in the correct words/phrases from the list. Check in your dictionary.**

• feel positive • fit • sleep

Ⓐ



I play basketball after school two days a week and I often go cycling at weekends. I also walk to school every day.
Exercise makes me
1) ..... about myself and keeps me
2) ..... . After doing lots of exercise, I always get a really good night's 3) ..... .
Lisa, 14

• overweight • balanced • physical



Ⓑ

I now eat plenty of fresh fruit and vegetables and do some
4) ..... activity every day. Last year, I was 5) ..... , and I didn't feel very confident about myself. Today I eat a more
6) ..... diet and I have lost weight. Now I feel much better about myself.
Megan, 13

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