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7.8 Fill in the correct words/phrases from the list. Check in your dictionary.

- feel positive • fit • sleep

(A)

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

(B)



I now eat plenty of fresh fruit and vegetables and do some

- 4) activity every day.
- 5) Last year, I was 5)
- 6) and I didn't feel very confident about myself. Today I eat a more

lost weight. Now I feel much better about myself.

Megan, 13