

**1 Complete the conversations using the pairs of words in the box.**

stamina / hand-eye coordination

junk / healthy lifestyle

shape / uncoordinated

breath / speed

demanding / sweat

flexibility / strength

- 1 A: Wow! You look amazing. What have you been up to?  
B: I've lost 10 kilos. I decided it was time to give up the .....  
food and go for a .....
- 2 A: I get such a stiff back after sitting at the computer all day.  
B: You should come to my yoga class. It's great for .....  
And it's good for ..... too. I can lift much heavier  
weights than before.
- 3 A: How's your squash course going?  
B: Great, thanks. I couldn't last more than 20 minutes when I  
started but my ..... has really improved. You should  
come along.  
A: Sorry but I can't even hit a ball. My ..... is awful.
- 4 A: The new teacher is much more ..... than the old one.  
She made us work an awful lot harder.  
B: Tell me about it. I worked up a ..... in seconds!
- 5 A: I'm so unfit. I really need to get back into .....  
B: Why don't you try salsa dancing? It's great fun.  
A: I think I'm too ..... for that. In fact, my boyfriend says  
I've got two left feet.
- 6 A: Can we slow down a bit? I'm getting out of ..... running  
up this hill.  
B: Sorry, but we need to keep going. Keeping up your .....  
is important if you want to get really fit.