

UNIT 1: A LONG AND HEALTHY LIFE

VOCABULARY PRACTICE

Words and phrases related to health and fitness

I. Complete the sentences with the words given.

muscles diet treatment develop active repetitive life expectancy
avoid cut down lifestyle strength fit

1. The instructions give a balanced _____ and protect against infections.
2. You must be very _____ if you do so much running.
3. Regular exercise will help to strengthen your _____.
4. We focus on the importance of _____ participation by elderly people in the life of the community.
5. _____ for both men and women has improved greatly in the past 20 years.
6. Some of the tasks required considerable physical _____.
7. There have been great advances in the _____ of cancer.
8. You can change your eating habits and lead a healthier _____.
9. Computers are now being brought into this career to perform _____ tasks.
10. The doctor told him to _____ on his drinking.
11. Some alcoholics _____ liver cancer when they drink heavily.
12. Pregnant women should _____ certain foods such as raw eggs.