## 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.	
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	muscles	diet treat	ment dev	elop activ	e repetitive	life expectancy		
	avoid	cut down	lifestyle	strength	fit			
I. T	he instructions give a	balanced		and pro	otect against infec	tions.		
2.	You must be veryif you do so much running.							
3.	Regular exercise will help to strengthen your							
4.	We focus on the impe	ortance of		participatio	n by elderly peop	le 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 theof cancer.							
8.	You can change your eating habits and lead a healthier							
9.	Computers are now being brought into this career to performtasks.							
10.	The doctor told him t	to						
11.	Some alcoholics		.1	iver cancer when	they drink heavi	ily.		
12	2. Pregnant women should certain foods such as raw eggs							

