

# VOCABULARY

## health and lifestyle

- 1** Complete the sentences with the correct form of the verbs in the box.

do (x2)   cut   expand   keep (x2)  
stay   transform   vary   work

- 1** It's very important, especially as you get older, to ..... mentally active. Doing puzzles is great for your brain.
- 2** I've ..... down on the amount of fat and sugar I consume and feel much healthier now.
- 3** You really need to ..... your horizons and get out and about more.
- 4** It's hard to find time to ..... in shape when you've got a full-time job and a family to look after.
- 5** Research shows that ..... regular workouts is good for you both mentally and physically.
- 6** I ..... a sedentary job for years and was very unfit. Then I retrained as a yoga teacher and now I'm healthier than ever!
- 7** I've always ..... long hours and I'm often too tired to make a proper meal when I get home.
- 8** Last year, my sister totally ..... her lifestyle. She became a vegan and started doing more exercise.
- 9** It's important to ..... your diet as much as you can and include all food groups in your meals.
- 10** I took up running last year and hopefully, if I ..... up my progress, I'll do a marathon soon!