

Exercise 2. Choose a word in the box to make a collocation with the words/ phrases in bold in each sentence.

<i>attending</i>	<i>do</i>	<i>pushed</i>	<i>went</i>	<i>beat</i>
<i>lifting</i>	<i>boost</i>	<i>pedals</i>	<i>staying</i>	<i>being</i>

1. The athlete \_\_\_\_\_ **himself to the limit** during training, aiming to break his personal record in the upcoming competition.
2. Instead of scrolling through social media, why not energize your day by \_\_\_\_\_ **a fitness class**?
3. She headed to the gym, excited to \_\_\_\_\_ **aerobics**. As a result, her worries melted away like morning mist.
4. He \_\_\_\_\_ **on an exercise bike** every morning to keep feet.
5. The young athlete dreamed of \_\_\_\_\_ **competitive** on the world stage.
6. \_\_\_\_\_ **weights** can help build muscle, burn calories, and improve bone density.
7. **The only opponent** I need to \_\_\_\_\_ is myself, constantly striving to improve and break my own personal records.
8. Doing yoga on the beach is the perfect way to greet the day and \_\_\_\_\_ **your energy levels**!
9. Regular check-ups with your doctor are crucial for \_\_\_\_\_ **healthy** and preventing potential issues.
10. My friend \_\_\_\_\_ **down with a fever**, so we're staying in and watching movies.