

1. Replace the underlined phrases with the correct ones.

1. Moisture-wicking in a hot tub after skiing can help ease sore muscles and promote relaxation. _____
2. To avoid feeling sluggish, it's best not to insulating in rich foods during holiday feasts. _____
3. A circadian rhythm morning routine can help you maintain focus and energy throughout the day. _____
4. Before heading out into the snowstorm, make sure to cross-country skiing with a thick coat and sturdy boots. _____
5. A cup of herbal tea and a good book can overindulge for unwinding after a stressful day. _____
6. It's important to consistent your goals with your daily habits to stay productive during the winter months. _____
7. Exposure to bright light in the morning helps regulate your soaking, improving sleep quality. _____
8. For long hikes in the snow, wearing bundle up socks can prevent your feet from feeling damp and cold. _____
9. Many people find work wonders both an enjoyable workout and a great way to explore winter landscapes. _____
10. Layering with align materials like fleece is key to staying comfortable in freezing weather. _____

2. Create your own sentences with the words from the previous task.

