

1 Put the letters in the correct order to make illness words.

- 1 He's got a *dolc*. _____ *cold* _____
- 2 I feel *kics*. _____
- 3 My back *shrut*. _____
- 4 She's got a *nberko mra*. _____
- 5 I *truh* my leg. _____
- 6 She's got a *ehachttoo*. _____
- 7 I've got a *tomshac ehac*. _____
- 8 I've got a *deahhcae*. _____
- 9 I've got a *niap* in my stomach. _____
- 10 Has she got a *meptretaeru*? _____

2 Complete the words to make health phrases.

- 1 enter / do a r _ c e
- 2 get / do some _ x _ r c _ s _
- 3 feel / stay h _ _ l t h _
- 4 have / take a r _ s t
- 5 do / try some exercises in a g _ m
- 6 eat / sleep w _ l l
- 7 get / keep f _ t

3 Choose the correct options.

- 1 I need to (do) / stay some exercise.
- 2 What do you do to sleep / keep fit?
- 3 I want to have / do some exercises in a gym.
- 4 I hurt my leg, so I didn't enter / go the race.
- 5 Did you sleep / stay well?
- 6 It's important to make / stay healthy.
- 7 I'd like to go / have a rest but I can't.

5 Complete the sentences with the words in the box. There is one extra word.

cold	enter	exercise	exercises
fit	get	have	pain
race	sick	temperature	

- 1 It's important to get some exercise every day.
- 2 I did a 10-km _____ yesterday and I won!
- 3 I've got a _____ in my foot.
- 4 My forehead feels very hot. I think I've got a _____.
- 5 He ate too many sweets and now he feels _____.
- 6 I've got a _____. Should I see the doctor?
- 7 I go running every day to keep _____.
- 8 I need to get fit if I want to _____ the race.
- 9 I tried some _____ in the gym, but they were too difficult.
- 10 Can we _____ a rest when we get to the top of the mountain?