

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!