

Title: My Journey to a Healthy Lifestyle

start	feel	have	change	exercise
lose	go	examine	be	buy

I (1) _____ my fitness journey two years ago. At that time, I (2) _____ many bad habits, like staying up late and eating fast food. I (3) _____ tired all the time and lacked energy. However, everything (4) _____ when I joined a local gym. Since then, I (5) _____ regularly and followed a balanced diet. I (6) _____ 5 kilograms so far. Last week, I (7) _____ to the doctor for a check-up. He (8) _____ me carefully and said that my muscles (9) _____ much stronger now. I (10) _____ a new pair of running shoes to continue my journey.

