

Uzupełnij zdania czasownikami z ramki. Jeden wyraz został podany dodatkowo.

get ■ keep ■ do ■ take
warm ■ prevent

- 1 You should _____ some exercise every day in order to stay healthy.
- 2 You should stretch your muscles first so that you don't _____ hurt.
- 3 You should eat healthy food and do some sports to _____ fit.
- 4 You should _____ up properly before every training session.
- 5 You should check all the equipment to _____ injuries.