

Task 2.4: Replace the BOLD part with the word below in the parentheses.

disease

fitness

boost

stimulate

enhance

treat

prevent

wellness

1 Some people need some vitamins to **support** () the process of producing energy to whole body.

2 Yoga is such a great exercise to remain the **healthiness** () of the mind and body.

3 Our government takes a slow action to **improve** () English skills of the citizens.

4 I'm trying to improve my body **strength** () by cycling to work.

5 We **increase** () our confidence by wearing beautiful clothes.

6 She has to take some drugs to **cure** () herself from the sickness.

7 Please prepare it carefully to **block** () a chance of any mistake.

8 His father passed away because of a bad **illness** ().

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Task 2.5: Complete each sentence with these following words.

blood pressure

efficiency

immune system

injury

joints

metabolic rate

muscles

1 Carrying something too heavy can cause _____ to your body.

2 You will be safe from all bad diseases if your _____ works well.

3 You can burn calories a lot better if your _____ becomes higher.

4 A new model of iPhone has a better _____ on power management than the former one.

5 A nurse will take your _____ and ask for your weight when you go to see the doctor.

6 If you exercise regularly, your _____ and _____ throughout the whole body may get stronger.

Name _____ No. _____