Read the sentences and complete them with words from the box. There's one extra word.

hanging out - loads of - blow off steam - fit – balance- workout - can't stand

1 Majed ..... working out at the gym. He just dislikes sweating.
2 After my ....., I have a cool shower and then something to eat.
3 If you do exercise with friends, it's just as much fun as ..... at the mall.
4 Kholoud and her sister have decided to get..... so they walk 4 kilometres every day after school.
5 There are .....books and DVDs about fitness.
6 Omar runs home from school every day – it's his favourite way to.....

LIVEWORKSHEETS