

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 arebooks and DVDs about fitness.
- 6 Omar runs home from school every day – it's his favourite way to.....