Complete the sentences with words from the box. Then, read the sentences with a partner.

regularly	little by little	equipment	
active	weights	health	cut out
cut down on	swimming pool	convenient	

1. To remain in good _____, eat good food and exercise regularly.
2. Because of his illness, Jack had to _____ his hours at work.
3. Lt Gray has become stronger because he lifts _____ every day.
4. We can use the indoor _____ to swim laps in the winter.
5. Getting to work is _____ for me. My house is very close to my job.
6. Mrs. Bell has lots of energy. She's very _____
7. For my health, my doctor told me to _____ cigarettes.
8. When you have a lot of work to do, begin _____ and do just one thing at a time.
9. These old machines are too slow. We need to buy new _____ to do our jobs well.
10. Ron lifts weights _____ to build his strength.

LIVEWORKSHEETS

Write the words to complete some common phrases.

gradually
energy
suggestion
laps
weights
swimming pool
equipment
fit

1. be full of _____
2. to use exercise _____
3. to lose weight _____
4. an indoor _____
5. to make a _____
6. to lift _____
7. to get _____
8. to swim _____

LIVEWORKSHEETS