5 **Complete the text with the words in the box.**

healthy temperatures power walk kilometres exercise activity drive overweight jogging

According to one Emirati expert, people in the UAE aren't doing enough _____[1].
Most people _____[2] to work, where they sit at computers all day. But who wants to go _____[3] or cycling when the temperature is 48 degrees outside?

Well, have you thought about 'mall walking'? 'It's a great fitness _____[4] you can do when it's too hot to exercise outside,' says Noura Al Qupaisi, a medical student. 'The cool _____[5] inside a mall means that you can walk at a fast pace. It makes it a great place to _____[6]. One day, I looked at my pedometer and I had walked over six _____[7],' she said. 'It's helping me keep fit and _____[8] and I enjoy it.

So how about it? Is it time to put on your walking shoes and head off to the mall?

United Arab Emirates Ministry