

Use the words in the boxes to help you. You have to drag your answers and drop them on the space provided

eat healthily

start training

Fit and healthy

Wear protective gear

exercise

Take a break

Drink enough water

Warm up exercises

2615, Jalan BP 14/1,
Taman Muhibbah,
47100 Puchong,
Selangor.
22 November 2020

Dear Sofia,

How're you? Hope you're fine.

I heard that you are going to participate in the BMX race organized by the Adventure Sports centre. It is good that you have the courage to join an adventure sport that you like doing.

Since the race just around the corner, I would like to advise you to be physically prepared. You must [] from now. Before you start, you must always do [] to prepare your body for training. Make sure you [] to prevent any injury while doing the activity.

If you're tired, [] before you continue with the training. Make sure you [] to prevent dehydration. Most importantly, you must always, [], [], and train to make sure you remain [].

I wish you good luck and stay calm for the race. I know you can do it!