

Fitness Vocabulary

Track	get fit	fresh air	dietician	heart
bones	team	exercise	gym	fitness trainer
muscles	gain weight	injuries	lose weight	

1. I want toso I'm going to start running every day.
2. My favorite sport is basketball because I like playing on a
3. I go to thethree times a week to work out and stay healthy.
4. If you want to get in shape, it's a good idea to hire a.....
5. He couldn't play football today because he had somefrom playing yesterday.
6. He loved to run on thebecause it was softer on his knees than running on concrete.
7. After spending all day inside, I need to take a walk outside to get some
8. When you run, yourrate goes up and you begin to breathe harder.
9. It's important to exercise yourandso that they stay strong and healthy.
10. I want tobecause I feel too skinny, so I'm going to eat more food.
11. Mytold me to eat more fruits and vegetables to be healthier.
12. She went on a diet and exercise plan to help herbefore her wedding.
13. To stay healthy, you shouldfor at least 30 minutes each day.

