

### 3 Complete the sentences with the verbs from the box.

burn do go join ~~lose~~ sleep warm work

#### Top tips to stay healthy and lose weight!

- You don't need to <sup>2</sup> \_\_\_\_\_ on a diet to feel good.
- Jogging is a good way to <sup>3</sup> \_\_\_\_\_ off calories.
- You should <sup>4</sup> \_\_\_\_\_ up before you start running.
- <sup>5</sup> \_\_\_\_\_ a gym and get fit fast!
- With a home gym you can <sup>6</sup> \_\_\_\_\_ out and <sup>7</sup> \_\_\_\_\_ exercises in your living room.
- It's important to <sup>8</sup> \_\_\_\_\_ well, so get a good bed.