

b  **07.07** Complete the sentences with phrases from the article. Then listen and check.

- 1 I have problems walking upstairs these days – I really need to _____.
- 2 I often have sleeping problems – the next day the _____ makes me feel exhausted.
- 3 In my family we have a low-cholesterol diet – I don't think we'll ever _____.
- 4 When I joined my gym, I got _____ from a trainer.
- 5 They all work 10 to 12 hours a day and they all _____.
- 6 We _____ to nuts and eggs – we get ill if we eat them.
- 7 I _____, but sometimes I eat food that's bad for me – like chips or chocolate.
- 8 He stayed inside all summer and suffered from _____.
- 9 I don't want to put on weight, so I walk to work each day to _____.