

7

7.R8

Fill in the correct words/phrases from the list. Check in your dictionary.

• feel positive • fit • sleep

A

I play basketball after school two days a week and I often go cycling at weekends. I also walk to school every day.

Exercise makes me

1) about myself and keeps me

2) After doing lots of exercise, I always get a really good night's 3)

Lisa, 14



• overweight • balanced • physical

B



I now eat plenty of fresh fruit and vegetables and do some

4) activity every day.

Last year, I was 5) , and I didn't feel very confident about myself. Today I eat a more

6) diet and I have

lost weight. Now I feel much better about myself.

Megan, 13