

1 Complete the conversations using the pairs of words in the box.

stamina / hand-eye coordination

junk / healthy lifestyle

shape / uncoordinated

breath / speed

demanding / sweat

flexibility / strength

- 1 A: Wow! You look amazing. What have you been up to?
B: I've lost 10 kilos. I decided it was time to give up the
food and go for a
- 2 A: I get such a stiff back after sitting at the computer all day.
B: You should come to my yoga class. It's great for
And it's good for too. I can lift much heavier
weights than before.
- 3 A: How's your squash course going?
B: Great, thanks. I couldn't last more than 20 minutes when I
started but my has really improved. You should
come along.
A: Sorry but I can't even hit a ball. My is awful.
- 4 A: The new teacher is much more than the old one.
She made us work an awful lot harder.
B: Tell me about it. I worked up a in seconds!
- 5 A: I'm so unfit. I really need to get back into
B: Why don't you try salsa dancing? It's great fun.
A: I think I'm too for that. In fact, my boyfriend says
I've got two left feet.
- 6 A: Can we slow down a bit? I'm getting out of running
up this hill.
B: Sorry, but we need to keep going. Keeping up your
is important if you want to get really fit.