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

stamina / hand-eye coordination	breath / speed
junk / healthy lifestyle	demanding / sweat
shape / uncoordinated	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.

LIVEWORKSHEETS