

EXERCISE 1

Match the words and phrases to their meanings by dragging the word next to the letter.

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|----------------------------|-------|---|
| 1. stroll | _____ | A. haven't seen someone in a long time |
| 2. hiking | _____ | B. engaging in sports or fitness activities |
| 3. active | _____ | C. a slow, relaxed walk for enjoyment |
| 4. get some exercise | _____ | D. expressing strong desire to do something |
| 5. martial arts | _____ | E. fighting styles like karate or judo |
| 6. do relaxing things | _____ | F. walking long distances on trails |
| 7. leisure time | _____ | G. time free from work or responsibilities |
| 8. It's been ages. | _____ | H. activities that promote calmness |
| 9. I've been itching to... | _____ | I. involving movement and energy |

Exercises

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