

## EXERCISE 1

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

- |                            |       |   |
|----------------------------|-------|---|
| 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

Back to  
Topic homepage

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