

EXERCISE 1

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

Exercises

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

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