



VOCABULARY | Staying healthy 1

1 I lift weights twice a week because I'm trying to build ▼.

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2 You need to keep exercising to stay ▼.

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3 I'm so tired! I just did a really ▼ exercise class.

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4 Let's go jogging! I need to burn ▼.

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5 I'm not in great shape, but I can do ▼ exercise classes.

6

6 My aerobics class instructor is super ▼. She does hours of exercise every week.

7

7 I didn't do any exercise for three months so now I'm ▼ again.