



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 .
3
- 3 I'm so tired! I just did a really exercise class.
4
- 4 Let's go jogging! I need to burn .
5
- 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.