VOCABULARY | Staying healthy 1

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

2

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.

LIVEWORKSHEETS