

Use of Gerund – Fitness

Unit 6

Level B1

Complete the text by writing the correct form of the verb in parenthesis.

_____ (1 stay) fit is important for _____ (2 live) a healthy and active life. Many people enjoy _____ (3 go) to the gym, _____ (4 run) in the park, or _____ (5 do) yoga at home to improve their strength and flexibility. If you want _____ (6 reduce) stress, _____ (7 exercise) regularly helps to improve sleep, and boost energy levels. Some people prefer _____ (8 work out) alone because it gives them time to focus while others enjoy _____ (9 join) group classes like Zumba or spinning to stay motivated. People also need _____ (10 eat) healthy foods and to avoid _____ (11 eat) too much junk food. _____ (12 get) enough sleep is another key part of fitness that helps the body recover. If you want _____ (13 improve) your fitness, try _____ (14 walk) for 30 minutes a day or _____ (15 drink) more water. You can stay motivated by _____ (16 think) about your goals, and you can learn more about fitness by _____ (17 read) articles. There's nothing better than the feeling of _____ (18 achieve) something after hard work.

