

Complete the dialogue with the correct words or phrases. Mind the grammar.

cross-country skiing

bundle up

soak

align

circadian rhythm

overindulge

moisture-wicking

insulating

consistent

work wonders

Emma: Winter can be so challenging, but I've found that making small adjustments to my routine can really 1) _____ for my energy and mood.

Liam: Absolutely! I've been trying to 2) _____ my daily habits with my body's natural 3) _____. Getting sunlight first thing in the morning really helps.

Emma: That's smart. I also make sure to wear 4) _____ layers whenever I go hiking. They're great for keeping me warm without feeling too bulky.

Liam: Same here! And don't forget a good 5) _____ layer it's essential for trapping heat, especially if you're outside for long periods.

Emma: Speaking of staying active, have you tried 6) _____ this winter? It's such a great workout and a fantastic way to enjoy the snow.

Liam: Not yet, but it's on my list! By the way, have you ever 7) _____ in a hot bath after a day in the cold? It's the perfect way to relax tired muscles.

Emma: Oh, I love that! But I'm also careful not to 8) _____ in hot drinks and comfort food during winter. It's so tempting when you're indoors all day.

Liam: True. Keeping things 9) _____ is key whether it's eating, exercising, or sleeping. I've noticed that sticking to a regular bedtime helps me stay energised.

Emma: Definitely. And before we head out today, make sure you 10) _____ the forecast says it's going to be freezing!

