

Watch the episode and fill out the gaps

1. You can.....steps on your phone.
2. When you exercise, you stimulate the body'srepair system.
3. Exercise also lowers your.....of developing illnesses.
4. All these kinds ofdecisions can incrementally build up.
5. Before you.....it, you'd be doing 10000 steps.

Choose the correct option

- = sitting a lot and not taking much exercise
- = using a lot of energy to to something
- = to walk slowly in a relaxing way
- = quick and energetic
-sth into sth = include it from the beginning
- = gradually increasing inside