4 HEALTHY BODY, HEALTHY MIND

VOCABULARY

Health and fitness

1 **Complete the words and phrases with the vowels (a, e, i, o, u).**

1 sw*e*_a_t
2 c__gh
3 r_l_x
4 tr__n
5 sn__z_
6 g_t b_tt_r
7 g__j_gg_ng
8 h_v_ _ f_v_r
9 g_t _ll
10 g_t str_ss_d
11 w_rm_p
12 w_rk _ _t
13 g_t _n_ _gh sl_ _p

2 **Tick (✓) the words or phrases which are in the correct column and put a cross (✗) next to the words in the incorrect column. Then write one extra word for each column.**

HEALTH		FITNESS	
1 *cough*	✓	7 *go jogging*	☐
2 *get better*	☐	8 *have a fever*	☐
3 *work out*	☐	9 *train*	☐
4 *relax*	☐	10 *sneeze*	☐
5 *warm up*	☐	11 *get enough sleep*	☐
6 _____		12 _____	

3 **Complete the sentences with the correct form of the words from Exercise 1.**

1 Is it true that you can't *sneeze* with your eyes open?
2 Sam is _____ for a half marathon at the moment.
3 A Isabel can't come today. She's not feeling very well.
B Oh, no! I hope she _____ soon!
4 He _____ a lot when he exercises. His clothes get very wet!
5 Remember to _____ before you run or do exercise, especially in cold weather.
6 Don't _____ about your exams – relax, you'll be OK!

4 **Circle the correct options.**



CARO Hey, Azra! Do you want to go [1]*jogging / sweating* in the park? Meet me there?

AZRA Sorry, I can't. I'm getting [2]*better / stressed* about my exams.

CARO Oh, come on! Working [3]*out / in* will be good for you!

AZRA I have a [4]*sneeze / fever* too. I'm really hot and I feel terrible.

CARO Oh, no! But it isn't a good idea to do school work if you want to get [5]*better / stressed*.

AZRA I know … anyway, you're [6]*training / relaxing* for the marathon – it's very difficult to run with you! ☹

CARO OK. Get enough [7]*exercise / sleep*. Don't study all night!

AZRA OK, and don't forget to [8]*work out / warm up* before running. You hurt your leg last time!

Explore it!



Guess the correct answer.

Almost half of all the bones in the human body are in the *hands and feet / legs and arms / head and back*.

Find an interesting fact about exercise and the human body and send the question in an email to a classmate or [illegible] with the class.

LIVEWORKSHEETS