ENGLISH A2 · UNIT 8 · VOCABULARY Name: _____ Date: _____

# Health and fitness

Focus: vocabulary: health and fitness (keep fit, jog, lose weight, diet, calorie, stress, cut down)

**healthy unhealthy fit keep fit gym exercise jog stretch cycle lose weight put on weight diet sugar fat calorie energy stress stressed habit give up cut down sleep heart doctor's appointment check-up**

## 1 Choose the correct word.

*Example: I go to the _____ three times a week. (gym / diet / heart) → gym*

1. Tom _____ to work every day. It's twenty minutes by bike. (jogs / cycles / stretches)
2. Always _____ for five minutes before you run. (cut down / sleep / stretch)
3. Cake and chocolate have got a lot of _____ in them. (exercise / sugar / stress)
4. A _____ is a visit to the doctor when you aren't ill. (diet / habit / check-up)
5. I feel _____ at work because I have too many deadlines. (fit / stressed / healthy)
6. Chocolate cake is _____. It's got too much sugar and fat. (healthy / fit / unhealthy)
7. My back hurts, so I made a _____ for Thursday. (doctor's appointment / check-up / habit)
8. Fried takeaways are my worst _____. I eat them twice a week. (habit / exercise / calorie)
9. Swimming twice a week is a good way to _____. (keep fit / put on weight / cut down)
10. Sara is very _____. She runs ten kilometres every Sunday. (fit / stressed / unhealthy)

## 2 Complete the sentences with words from the box. Use the correct form.

*Example: Doctors say we need seven or eight hours of _____ a night. → sleep*

1. You drink too much coffee. You should _____ to two cups a day.
2. I _____ last winter because I ate a lot of takeaways.
3. The doctor listened to my _____ and said it was strong.
4. Walking is good _____ for people with heart problems.
5. Breakfast gives you _____ for the morning.
6. I _____ smoking last year, and now I can run again.
7. A slice of chocolate cake has got about 400 _____.
8. Too much _____ at work is bad for your heart and your sleep.

ANSWER KEY

**1** 1 cycles, 2 stretch, 3 sugar, 4 check-up, 5 stressed, 6 unhealthy, 7 doctor's appointment, 8 habit, 9 keep fit, 10 fit **2** 1 cut down, 2 put on weight, 3 heart, 4 exercise, 5 energy, 6 gave up, 7 calories, 8 stress

ڈاؤن لوڈ کرنا، پرنٹ کرنا اور گھر میں، کلاس میں یا کہیں بھی استعمال کرنا مفت ہے۔