

1 Find NINE words related to health and fitness in the wordsearch (right to left, horizontal, vertical, diagonal).

M	U	S	C	L	N	E	S	S	C	S	H
S	E	W	E	H	D	R	T	O	G	C	H
S	L	A	E	H	A	R	M	E	N	T	I
E	K	G	O	O	F	P	W	A	I	S	S
N	N	A	O	G	L	F	D	N	E	O	F
L	I	R	B	E	T	W	C	I	B	I	N
U	R	D	X	P	S	R	A	M	-	L	E
F	W	I	M	A	A	V	R	A	L	D	F
D	O	N	F	Z	R	L	C	T	L	L	J
N	L	C	E	I	M	A	T	S	E	S	S
I	F	F	O	N	U	R	B	O	W	C	V
M	C	I	T	U	E	P	A	R	E	H	T

2 Complete the text with appropriate words and phrases. The first letters are given.

Would you believe it if I told you that I've taken up ¹ *mindfulness*? I know you normally find me on the tennis court but the reason I haven't been outdoors recently is because I ² p..... during my last tennis match. My trainer recommended I take a couple of weeks off. This has ³ d..... me the w..... g..... and it's given me time to focus on other aspects of my ⁴ w..... I was playing a lot of outdoor tennis which wasn't particularly good for my ⁵ c..... So, I have been trying out some new skincare products that claim to help reduce ⁶ w..... I've also read up on new health ⁷ c..... That's where I learnt about mindfulness which is all about focusing on the present and calming the mind. I find it very ⁸ t..... Now that I'm ready to get back on the court, I'm impatient to ⁹ g..... b..... in s..... but I think mindfulness will help me take things slowly and not overdo it.

3 Match the sentence beginnings (1–8) and endings (A–K). There are three extra endings.

- Are you OK? You look a bit off- *B*..
- My grandmother is ninety-six but she's as fit as
- I'm happy to report that Arthur is back on
- You should give the presentation today, I have a bit of a frog
- That holiday really did you good, you are the picture
- Remember, a lot of people in here are a little hard of
- Tasha is a very active dog, she's always full of
- I ran a marathon last weekend, so I still have a few aches

- a fiddle and more active than me!
- colour, perhaps you should go and lie down.
- of health, perhaps you should see a doctor.
- his feet after a successful operation.
- on my throat which makes me nervous.
- beans and ready for a walk.
- and pains but nothing too bad.
- of health now, with a lovely suntan.
- colour, I think the holiday did you a world of good.
- in my throat and I think my voice sounds a little strange.
- hearing, so you need to speak up.

4 Complete the conversation with the correct options.

- Mother:** So, what did the doctor say?
- Crystal:** He's concerned about the time it's taking my leg to heal, so he wants to ¹ *consult a specialist* / *have an operation* / *have treatment*. He's worried I might have ² *sustained* / *contracted* / *missed* a more serious injury than he originally thought. In the meantime, he's organized a ³ *well-being* / *therapeutic* / *fad* massage to see if that will help relax the muscles.
- Mother:** Good, I was beginning to think we would have to find a new doctor.
- Crystal:** I know. It's so frustrating because I feel ⁴ *full of beans* / *a picture of health* / *back on my feet* but as soon as I start exercising my leg hurts. I really don't want to ⁵ *do the world of good* / *get out of shape* / *be as fit as a fiddle*. I was hoping to be competing again by the end of the year.
- Mother:** Well, let's hope the specialist can help so you are back on your ⁶ *feet* / *fiddle* / *beans* soon. In the meantime, you can still swim and that's a good way to ⁷ *pull* / *burn* / *miss* off the calories. It's also a good way to build up your ⁸ *mindfulness* / *shape* / *stamina*.
- Crystal:** True! OK, I'll go swimming now. I don't want to ⁹ *miss* / *sustain* / *contract* my appointment this afternoon. I think I should also look at my diet and make sure I'm only eating ¹⁰ *nutritional* / *organically* / *nutritionally* food, no more sugary snacks!

1

M	U	S	C	L	N	E	S	S	C	S	H
S	E	W	E	H	D	R	T	O	G	C	H
S	L	A	E	H	A	R	M	E	N	T	I
E	K	G	O	O	F	P	W	A	J	S	S
N	N	A	O	G	L	F	D	N	E	O	F
L	I	R	B	E	T	W	C	I	B	I	N
U	R	D	X	P	S	R	A	M	-	L	E
F	W	I	M	A	A	V	R	A	L	D	F
D	O	N	F	Z	R	L	C	T	L	L	J
N	L	C	E	I	M	A	T	S	E	S	S
I	F	F	O	N	U	R	B	O	W	C	V
M	C	I	T	U	E	P	A	R	E	H	T

2

- 2 pulled a muscle
- 3 done me the world of good
- 4 well-being
- 5 complexion
- 6 wrinkles
- 7 crazes
- 8 therapeutic
- 9 get back into shape

3

- 2 A
- 3 D
- 4 J
- 5 H
- 6 K
- 7 F
- 8 G

4

- 2 sustained
- 3 therapeutic
- 4 full of beans
- 5 get out of shape
- 6 feet
- 7 burn
- 8 stamina
- 9 miss
- 10 nutritional