

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

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

- 2** Complete the text with the words in the box. You may need to change the verb form.

crazes burn off complexion do the world of good
get back into shape mindfulness pull a muscle
therapeutic well-being wrinkles

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 during my last tennis match. My trainer recommended I take a couple of weeks off. This has ³ and it's given me time to focus on other aspects of my ⁴ I was playing a lot of outdoor tennis which wasn't particularly good for my ⁵ So, I have been trying out some new skincare products that claim to help reduce ⁶ I've also read up on new health ⁷ That's where I learnt about mindfulness which is all about focusing on the present and calming the mind. I find it very ⁸ Now that I'm ready to get back on the court, I'm impatient to ⁹ but I think mindfulness will help me take things slowly and not overdo it.

- 3** Match the sentence beginnings (1–8) and endings (A–H).

- 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.
- hearing, so you need to speak up.
- his feet after a successful operation.
- in my throat and I think my voice sounds a little strange.
- beans and ready for a walk.
- and pains but nothing too bad.
- of health now, with a lovely suntan.

- 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. He's worried I might have ² sustained / contracted a more serious injury than he originally thought. In the meantime, he's organized a ³ well-being / therapeutic 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 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. 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 soon. In the meantime, you can still swim and that's a good way to ⁷ pull / burn off the calories. It's also a good way to build up your ⁸ mindfulness / stamina.

Crystal: True! OK, I'll go swimming now. I don't want to ⁹ miss / sustain my appointment this afternoon. I think I should also look at my diet and make sure I'm only eating ¹⁰ nutritional / organically food, no more sugary snacks!

1

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

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 E
- 5 H
- 6 C
- 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