**SPORTS**

**Paraphrase using essential vocabulary**

1. That long hike was really **exhausting**.
2. He jogs every morning **to stay healthy**.
3. She received a **prize** for her performance in the competition.
4. Soldiers are trained to **protect** their country.
5. I need to **train** more before the championship.
6. I used to **participate in sports** when I was younger.
7. She is a very **ambitious** athlete who always wants to win.
8. This job seems to **demand** a lot of time and energy.
9. She’s trying hard **to become fit** before summer.
10. The project is **progressing as planned**.
11. At this point, there’s not much we can do to change the outcome.
12. I haven't exercised for months — I'm really **not in shape** anymore.
13. I run five kilometers every morning on the **running machine**.
14. He goes to the gym every evening to **exercise**.
15. She’s really **skilled in** swimming.
16. Many people play tennis just for **fun** and relaxation.
17. He really **messed up** when he forgot to bring the tickets.
18. He has a regular **fitness routine** at the gym.