**PHYSICAL FITNESS**

achievement (n)

challenge (n)

courage (n)

to contribute (v)

to cure (v)

to develop (V)

helpful (adj)

energetic (adj)

scientific (adj)

to tire out

to burn off calories

to warm up

To back on your feet / back into shape

To be full of beans

To have a cast-iron stomach

I’ve been shopping all day. My dogs are barking!

**Task 1: Match the Word or Phrase with the Definition**

**Words/Phrases:**

1. achievement
2. challenge
3. courage
4. to contribute
5. to cure
6. to develop
7. helpful
8. energetic
9. scientific
10. to tire out
11. to burn off calories
12. to warm up
13. back on your feet / back into shape
14. full of beans
15. cast-iron stomach
16. My dogs are barking!

**Definitions**:

a) full of energy, enthusiasm, excitement

b) brave behavior in the face of fear

c) to use energy through movement or exercise

d) to feel extremely tired

e) something done successfully with effort

f) very strong stomach — not easily upset

g) physically or mentally demanding situation

h) expression meaning "my feet hurt a lot"

i) to improve or grow something over time

j) to make someone healthy again

k) related to science

l) ready to give help or make things easier

m) to exercise gently before harder activity

n) to give something (time, effort, ideas) to a group or cause

o) very active and lively

p) to get healthy again or regain good physical condition

## ****Task 2: Fill in the Blanks****

**Word Bank:** achievement, challenge, courage, to contribute, to cure, to develop, helpful, energetic, scientific, to tire out, to burn off calories, to warm up, back on your feet, full of beans, cast-iron stomach, My dogs are barking

1. I couldn’t eat that much spicy food unless I had a \_\_\_\_\_\_\_\_\_\_.
2. He wants to \_\_\_\_\_\_\_\_\_\_ to the project with his design skills.
3. That was a huge \_\_\_\_\_\_\_\_\_\_ — well done!
4. She’s always \_\_\_\_\_\_\_\_\_\_ in the mornings.
5. I feel so \_\_\_\_\_\_\_\_\_\_ after drinking two cups of coffee!
6. Let’s \_\_\_\_\_\_\_\_\_\_ before we start lifting weights.
7. Wow, this is a real \_\_\_\_\_\_\_\_\_\_, but I won’t give up.
8. I finally got \_\_\_\_\_\_\_\_\_\_ after being sick for two weeks.
9. You need a lot of \_\_\_\_\_\_\_\_\_\_ to speak in public.
10. I’ve been walking all day. \_\_\_\_\_\_\_\_\_\_!
11. It took months to \_\_\_\_\_\_\_\_\_\_ the new product, but it’s ready now.
12. Please be \_\_\_\_\_\_\_\_\_\_ and hold the door open.
13. Running is a great way to \_\_\_\_\_\_\_\_\_\_.
14. The doctors are trying \_\_\_\_\_\_\_\_\_\_ the disease.
15. After helping move all those boxes, I’m completely \_\_\_\_\_\_\_\_\_\_.
16. They used a \_\_\_\_\_\_\_\_\_\_ approach to solve the problem.

## ****Task 3: Choose the Correct Phrase****

1. You did something difficult and finally succeeded.  
   a) courage  
   b) challenge  
   c) achievement
2. You're trying something new and difficult.  
   a) cast-iron stomach  
   b) challenge  
   c) warm up
3. You’re brave and face your fears.  
   a) courage  
   b) energetic  
   c) scientific
4. You donate money or ideas to help a cause.  
   a) to cure  
   b) to contribute  
   c) to tire out
5. Someone is full of energy and never sits still.  
   a) full of beans  
   b) tired out  
   c) helpful
6. You're extremely tired after working hard.  
   a) full of beans  
   b) to tire out  
   c) to warm up
7. You feel foot pain after a long walk.  
   a) My dogs are barking!  
   b) back on your feet  
   c) achievement
8. Someone eats everything and never feels sick.  
   a) challenge  
   b) cast-iron stomach  
   c) cure
9. You prepare your muscles before exercise.  
   a) to burn off calories  
   b) to warm up  
   c) helpful
10. You recover after illness or get in good shape.  
    a) to contribute  
    b) back on your feet  
    c) full of beans