



04 – VOCABULARY: AT THE GYM



Taking **regular exercise** helps to keep the body healthy.

I gave up going to the gym six months ago and I've become very **unfit**.

I got very lazy over the holidays and am really feeling **out of shape**.

My parents are both in their 70's but are still in pretty **good shape**.

Eating healthily and taking regular exercise helps me to **stay in shape**.

Sally **works out** at the gym three times a week to help her stay fit and healthy.

I don't really need to lose weight, I just need to **tone up** my muscles

Let's **warm up** a little before we start running.

It is important to spend five minutes **cooling down** after a vigorous exercise session.

I always start my workout running on a **treadmill**

I spend 20 minutes riding an **exercise bike**

I go running and **lift weights** four times a week.

I **do aerobics** twice a week