



## EXERCISE 23 SOLUTIONS



Please fill the gaps using these words and phrases:

*“getting back into it, get that. starting out again, push yourself, tend to, burn out, pace yourself, encouragement, stick with it, back in shape.”*

1. I **get that** starting over can feel discouraging, especially when you remember how far you'd come before.
2. People **tend to** lose motivation when they expect quick results instead of steady progress.
3. **Starting out again** gave him the opportunity to focus on proper technique and realistic goals.
4. After being inactive for months, **getting back into it** required patience, consistency, and a positive mindset.
5. With regular workouts and proper recovery, she's finally feeling strong and **back in shape** again.
6. If you **pace yourself** early on, you'll be more likely to maintain your routine over time.
7. Training too intensely without breaks can cause you to **burn out** both physically and mentally.
8. Even when progress feels slow, **sticking with it** is often what leads to lasting success.
9. It's important to **push yourself** enough to grow, but also to listen to your body and rest when needed.
10. **Encouragement** from friends or coaches can help you stay committed during challenging moments.