



## EXERCISE 23



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