**SPORTS AND KEEPING FIT - USEFUL VOCABULARY**

**Do you think these verbs might be helpful when talking about sports and keeping fit?**

* take up a sport
* give up a sport
* to win a (swimming) competition
* to take part in a competition (a contest, a championship, a tournament)
* to participate in a skiing competition
* to train hard/ for one hour/ to run a marathon
* go jogging a couple of times a week
* to play a sport for fun /professionally
* to keep fit
* to get injured
* to score a goal
* to work out
* to warm up before working out

**More words and expressions you might need to know are:**

* Team sport/individual sport
* sports centre
* physical activity
* extreme sports
* a sporty person/ a sportsman,a sportswoman
* I am a big football fan
* I am really keen on sports/ playing tennis
* it is important to keep fit
* the thing is to get started
* to be concerned about your health
* Playing tennis makes me feel better
* indoor sports/outdoor sports
* to play a game of tennis/football/chess
* to be a sports fan/ a football fan
* to have the latest sports facilities

**Tick what is true for you**

1. When I do sport I feel .....

full of energy

energetic

active

cheerful

fit

healthy

2. It helps me

socialise

stay in shape

keep fit

relax

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unwind

sleep better

lose weight

burn calories faster

3. It Improves

my mood

my fitness

my mental fitness

my health

my muscle /’mʌsəl/tone

4. Doing yoga

needs too much physical effort

may cause injuries

can be done anywhere

can be practised in all age groups

requires expensive equipment

**REMEMBER**



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