

Word	Part of Speech	Example
ache	Noun, Verb	My body has lots of aches.
active	Adjective	An active lifestyle will improve health.
affect	Verb	A person's level of physical activity can really affect their stress levels.
allergic	Adjective	I am allergic to cats.
allergy	Noun	I have an allergy to cats.
aspirin	Noun	Aspirin is popular for headaches.
backache	Noun	My bed gives me backaches.
band-aid	Noun	I have a band-aid for your cut.
bandage	Noun	I wrapped my foot in a bandage.
bleed	Verb	My nose is bleeding.
catch	Phrase	I wash my hands a lot because I don't want to catch a cold.
cough	Noun, Verb	Smokers cough a lot.
cycle	Verb	I cycle to work when the weather is nice.
diet	Noun, Verb	Asian diets have lots of rice.
disease	Noun	Some diseases come from having an unhealthy lifestyle.
exercise	Noun, Verb	Exercise makes me tired.
fit	Adjective	He is always at the gym because he wants to get fit.
fitness	Noun	His level of fitness is very good. This means he is in good shape.
gain	Verb	Gaining weight is common when living abroad.

headache	Noun	Turn down the music because I have a headache.
hurt	Verb	My back hurts.
in / out of shape	Phrase	Soccer players have to be in shape.
itch	Noun, Verb	Mosquitoes make my skin itch.
itchy	Adjective	My eyes are so itchy because of my allergies.
junk food	Noun	Eating too much junk food will make you fat.
lazy	Adjective	He is always late for class because he's lazy.
lose	Verb	If you want to lose weight, you should exercise and go on a diet.
medicine	Noun	This medicine will stop the pain.
on a diet	Phrase	I am on a diet so I will not order dessert.
overweight	Adjective	The man is not fat but just a little overweight.
pain	Noun	I have a lot of pain in my neck.
physical activity	Noun	Physical activity is important for health.
pill	Noun	I don't like taking too many pills.
push-up	Noun	Push-ups are a good kind of exercise to do at home.
quite	Adverb	My allergies are quite bad this year.
reduce	Verb	This medicine will reduce the pain.
scar	Noun	The cut left a scar under my eye.
sore	Adjective	I should see a dentist because my tooth is quite sore.
stomach	Noun	He eats a lot so I think he has a huge stomach.
stomachache	Noun	I don't want to eat because I have a stomachache.
surgery	Noun	I am quite afraid of surgery.

swollen	Adjective	His finger is swollen from the accident.
temperature	Noun	He has a high temperature and is very sick.
throat	Noun	I have a sore throat.
treadmill	Noun	I use a treadmill when I can't run outside.
unfit	Adjective	Unfit people never exercise.
unhealthy	Adjective	An unhealthy lifestyle makes me tired.
vitamin	Noun	Healthy food has lots of vitamins.
water	Verb	My eyes are watering.
weight	Noun	I am worried about my weight.
weight-training	Noun	To get bigger muscles, you need to do lots of weight-training.
work out	Phrasal Verb	I work out at the gym every evening.
wrap	Noun, Verb	He was wrapping his arm.

Complete the following sentences with the correct vocabulary word:

a.		The doctor told me medicine can't fix the pain in my back. I need to have .
b.		She is a little sick now because she a cold a few days ago.
c.		On the weekends, I love to along the road beside the beach.
d.		The doctor gave me some for my headaches.
e.		I don't want to speak too much today because my throat is really .

f.		My eyes itch and [] a lot during the spring.
g.		If your leg is sore, you should [] a [] around it.
h.		Because it's raining outside, I stayed home and ran on my [] today.
i.		I am taking [] for my cough.
j.		My finger is [] because I cut it on a knife.

k.		I closed the door on my foot, and now it is quite .
l.		You don't need a gym to do exercise. You can do anywhere.
m.		My surgery on my shoulder five years ago left a . You can still see it.
n.		I am weight because I am on a diet and doing a lot of physical activity and exercise. Now, I can wear my old clothes again!
o.		I can't drink milk because I am to it.

p.		I usually take [redacted] for headaches or backaches.
q.		Fit people are in shape because they have an [redacted] lifestyle.
r.		My doctor told me to take this medicine to [redacted] the pain.
s.		Lazy people are usually out of shape and [redacted] .
t.		If you have a cold, you should get a lot of rest and take lots of [redacted] .