

4PhrasalVerbs

Phrasal verbs that can be used with **HEALTH & FITNESS** situations.

build up

separable/transitive

- to increase something, especially muscle.

Jack loves using tyres to help him **BUILD UP** his muscles.

Sally uses her tyre differently to **BUILD** her muscles **UP**.

burn off

separable/transitive

- to get rid of fat from your body by doing physical activity.

Sally stays at home to exercise when she **BURNS OFF** her fat.

Jack prefers to go to the gym when he tries to **BURN** his fat **OFF**.

put on

separable/transitive

- to become fatter or increase weight.

Sally rarely eats pizza because she doesn't want to **PUT** weight **ON**.

Jack and his friends always eat healthily to avoid **PUTTING** weight **ON**.

work out

inseparable/intransitive

- to do physical exercise as a way of keeping fit.

Sally loves to **WORK OUT** alone at home.

Jack and his friend go to a boxing gym to **WORK OUT** every evening.

YOU SHOULD LEARN PHRASAL VERBS BECAUSE...

1. They can often communicate complex ideas in a more concise way.
2. All native speakers use them, often without even realising it.
3. Using them will demonstrate a deeper understanding of English. But remember, only use them if you believe the person you are communicating with will understand them.
4. Most TV shows, movies, books, internet pages etc written by native speakers will use them, therefore, understanding them means you can enjoy the content more.

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