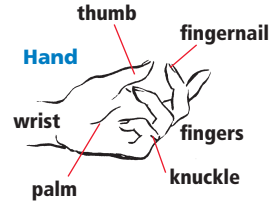
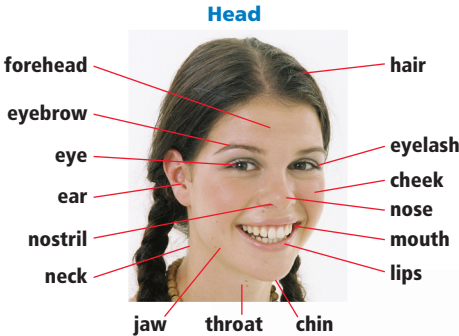


Health and Fitness

(sağlık ve formda olma)



Ways of describing your body

fit / unfit

healthy / unhealthy

out of condition

in / out of shape

overweight / underweight

Ways of keeping fit

do exercises

work out in a gym

do aerobics

go jogging / running / cycling

play tennis / badminton / squash

Ways of becoming healthier

go on a diet

lose / put on weight

give up smoking / drinking

cut down on sweet things

eat more fresh fruit

