

Français II-ch.8: interro de vocabulaire 8.2.1

- | | |
|---------------------------|-----------------------------|
| 1. in shape, feeling good | 8. to do push-ups |
| 2. to be in shape | 9. to take care of yourself |
| 3. one must | 10. to eat light |
| 4. to exercise | 11. to have a balanced diet |
| 5. to lift weights | 12. to rest |
| 6. to do yoga | 13. to relax |
| 7. to do sit-ups | |

Français II-ch.8: interro de vocabulaire 8.2.2

- | | |
|---------------------------------|----------------------|
| 1. to stay in shape | 8. to feel yourself |
| 2. one must not | 9. to go on a diet |
| 3. to deprive yourself of sleep | 10. to lose weight |
| 4. to smoke | 11. to gain weight |
| 5. to eat too much fatty foods | 12. to be healthy |
| 6. to skip meals | 13. to take vitamins |
| 7. to weigh yourself | 14. organic products |