

Collocations: Exercise & Physical Health

Intermediate (B1-B2)



WARM UP

Part 1. Discuss the following questions.

1. What kinds of exercise do you enjoy most, and why?
2. How do you stay motivated to keep fit regularly?

DEFINITION MATCHING

Part 1. Match each word to its correct definition. Can you guess any before looking at the options?

Endurance

Muscle mass

Flexibility

Posture

Calories

Injury

Progress

Training plan

1. _____ the ability to continue physical activity over time without getting tired
2. _____ units of energy obtained from food
3. _____ a structured schedule of exercises and workouts
4. _____ the forward movement you make toward a fitness goal
5. _____ the ability to move joints easily through their full range of motion
6. _____ the position in which you hold your body when standing or sitting
7. _____ harm or damage to the body, often from falls or overuse
8. _____ the amount of muscle tissue in the body

COLLOCATION MATCHING

Part 1. Match the verbs with the correct nouns to form a collocation.

Endurance

Muscle mass

Flexibility

Posture

Calories

Injury

Progress

Training plan

1.improve _____

2.build _____

3.improve _____

4.burn _____

5.boost _____

6.prevent _____

7.follow _____

8.track _____



SENTENCE GAP-FILL

Part 1. Complete the sentences using the correct collocations.

Improve your posture

Build muscle mass

Improve flexibility

Burn calories

Boost your endurance

Prevent injury

Follow a training plan

Track your progress

1. If you want to get stronger, you need to _____ by lifting weights regularly.
2. Doing yoga twice a week can help you _____ and reduce stiffness.
3. Wearing supportive shoes can help _____ during runs or gym sessions.
4. Monitoring your workouts in an app will help you _____ over time.
5. High-intensity interval training is one of the best ways to _____ quickly.
6. If you want to see real progress in the gym, you need to _____ consistently over several months.
7. Swimming is an excellent sport to _____ without stressing your joints.
8. Core exercises can _____ so you stand and sit more comfortably.

SENTENCE TRANSFORMATION

Part 1. Rewrite the following sentences using the target collocations so that the meaning stays the same.

1. I keep a record of every workout in my journal.
2. Regular stretching sessions made me less prone to strains.
3. After months of cycling, I can ride for hours without tiring.
4. She gained significant muscle by following a consistent gym routine.
5. Practising Pilates helped her move more easily.
6. He changed his sitting habits so he's no longer slouched at his desk.
7. Jogging every morning helps you use up your daily energy faster.
8. He stuck to his exercises exactly as laid out in the schedule.

TENSE CHALLENGE

Part 1. Use the correct form of the collocation in brackets to complete each sentence.

1. By December, I _____ (boost your endurance) enough to complete a half-marathon.
2. She _____ (build muscle mass) since she started her new strength-training programme.
3. We _____ (improve flexibility) through daily stretching routines.
4. He _____ (improve your posture) by doing core exercises last month.
5. They _____ (burn calories) faster since they increased the workout intensity.
6. You _____ (prevent injury) better if you warm up thoroughly.
7. I _____ (track your progress) in my fitness app all year.
8. By sticking to regular workouts, she _____ (follow a training plan) for six months.

SPEAKING

Part 1. Answer the questions using the target collocations.

1. Which methods have you used to **boost your endurance**?
2. How do you **track your progress**?
3. What exercises help you **improve your flexibility**?
4. Why is it important to **prevent injury** during workouts?
5. Describe a time where you have **followed a training plan**.
6. Do you think technology (apps or devices) can help you **burn calories** more efficiently?
7. What daily habits help you **improve your posture**?
8. How long did it take you to **build muscle mass** when you first started weight training?

