

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# UNIT 4 - FIT AS A FIDDLE

E Y R T M Z D V W A I S T L I N E X L A X R G U  
Y K S A H A K N B A R P S E K I F H Z Z E F A X  
P O F Q X Q V L S D B O F G G E I K V S R R M L  
Z A X L V N K Z I E C R E F Z I M B U R Z X V B  
D T A V O I D B F Q C R G X G O J J X F I B R E  
C M V N D O R C V U V I T A L I T Y G R V F A J  
W E O I Y W M Z I A F D T A K E E X E R C I S E  
H A T S O N G S D T P G E A T H E A L T H I L Y  
I L B G A F P K C E P E Q E A H N Z P M D M O P  
D O S L Y L D L R R G F H U R R Z M I V N K K V  
G Q L V J O E E F E D M O T L S P I I Y C K Z W  
S I M T N Y K W N S P K M N T P U D A H A Y Z W  
X H X O I R Q I C T W W I F S K V T R X R P Q D  
N R T W B U I L D U P M U S C L E S S V B P Q D  
J K X R C P B G B N H V U G L B F A Q A O C A M  
W S U K T O B E O V E R W E I G H T I S H X B R  
L M E C G A F K W C S E L N Q K E Z T Y Y Q C Y  
Z W V O C U T D O W N O N R F B B E A K D K E U  
Q E Y K J Q Q S B R Y E B R E A D D K K R B W K  
S M F M H G D B I H R N C V N C U P E P A A L K  
I U M Z O S H M Y P X Y D B Q G W V U S T K Z M  
B X T O L O S E W E I G H T D Y J V P E E P O X  
S V B L T O B E O N A D I E T J G J Q D S Q Q F  
Z S Y S F K T R G C H X K R H H F A T S F C S W

build up muscles  
to lose weight  
eat healthily  
rye bread  
vitality  
avoid

to be overweight  
adequate rest  
Take exercise  
waistline  
oatmeal  
fibre

to be on a diet  
carbohydrates  
cut down on  
porridge  
Take up  
fats