

Spelling list: health and fitness e3

exercise	Exercise is good for your health.
important	It's important to read a range of books, both fiction and non-fiction.
worried	Anna is very worried about her exam score.
health	Fruit juice is good for your health .
healthy	We need fibre for a healthy diet.
heart	I could feel my heart beat inside my chest.
fresh	Take a breath of fresh air.
vegetables	Carrots, peas and beans are vegetables .
fruit	Fruit juice is good for your health.
lifestyle	
physical	Physical exercise is good for your health.
activity	Swimming is a good activity for keeping fit.
fitness	Run fast to improve your fitness .
fit	Hiking is a fun way to keep fit .
lazy	The lazy dog lay on the floor.
encourage	We must promote originality and encourage innovation.
protect	A dog might growl to protect its pups.
active	My grandpa is very active despite his age.
cook	This chef can cook a fantastic meal.
ingredients	I am mixing the ingredients for the cake.

