

B2

If you train hard, you _____ a professional athlete.

Answer: _____

What _____ if you don't warm up properly before exercising?

Answer: _____

If you don't stretch before and after the workout, you _____ muscles.

Answer: _____

What _____ if you eat unhealthy food and don't exercise regularly?

Answer: _____

If you don't get enough sleep, you _____ tired during the game.

Answer: _____

What _____ if you don't drink enough water while playing sports?

Answer: _____

If you don't follow the rules, you _____ penalties.

Answer: _____

What _____ if you don't wear protective gear while playing contact sports?

Answer: _____

If you don't have a balanced diet, you _____ weight.

Answer: _____

What _____ if you don't listen to your coach's instructions?

Answer: _____

Answers

If you train hard, you _____ a professional athlete.

Answer: will become

What _____ if you don't warm up properly before exercising?

Answer: happens

If you don't stretch before and after the workout, you _____ muscles.

Answer: can strain

What _____ if you eat unhealthy food and don't exercise regularly?

Answer: will become unhealthy

If you don't get enough sleep, you _____ tired during the game.

Answer: will feel

What _____ if you don't drink enough water while playing sports?

Answer: happens

If you don't follow the rules, you _____ penalties.

Answer: will receive

What _____ if you don't wear protective gear while playing contact sports?

Answer: can get injured

If you don't have a balanced diet, you _____ weight.

Answer: may gain

What _____ if you don't listen to your coach's instructions?

Answer: happens