

## B2

If you practice regularly, you \_\_\_\_\_ a better athlete.

Answer: \_\_\_\_\_

What \_\_\_\_\_ if you don't warm up before exercising?

Answer: \_\_\_\_\_

If you don't stretch properly, you \_\_\_\_\_ injured.

Answer: \_\_\_\_\_

If you eat a healthy diet, you \_\_\_\_\_ more energy.

Answer: \_\_\_\_\_

What \_\_\_\_\_ if you push yourself too hard during training?

Answer: \_\_\_\_\_

If you don't drink enough water, you \_\_\_\_\_ dehydrated.

Answer: \_\_\_\_\_

What \_\_\_\_\_ if you don't get enough rest between workouts?

Answer: \_\_\_\_\_

If you ignore minor injuries, they \_\_\_\_\_ worse.

Answer: \_\_\_\_\_

If you follow a structured training plan, you \_\_\_\_\_ stronger.

Answer: \_\_\_\_\_

What \_\_\_\_\_ if you skip your cool-down after exercising?

Answer: \_\_\_\_\_

# Answers

If you practice regularly, you \_\_\_\_\_ a better athlete.

Answer: will become

What \_\_\_\_\_ if you don't warm up before exercising?

Answer: happens

If you don't stretch properly, you \_\_\_\_\_ injured.

Answer: may get

If you eat a healthy diet, you \_\_\_\_\_ more energy.

Answer: will have

What \_\_\_\_\_ if you push yourself too hard during training?

Answer: could get injured

If you don't drink enough water, you \_\_\_\_\_ dehydrated.

Answer: can become

What \_\_\_\_\_ if you don't get enough rest between workouts?

Answer: will happen

If you ignore minor injuries, they \_\_\_\_\_ worse.

Answer: can get

If you follow a structured training plan, you \_\_\_\_\_ stronger.

Answer: will become

What \_\_\_\_\_ if you skip your cool-down after exercising?

Answer: happens