

Directions: Fill in the blanks.

Tiffany and Veronica are friends. They live across the str___ from each other. Their kids like to pl___ together. They take turns babysitting for each other.

One day they were sitting on a park bench. They were watching the kids ___ay. “Would you look at those kids go!” said Tiffany. “I wish I had that kind of en___gy.”

“I know what you mean, girlfriend,” said Veronica.

“I saw a program on TV that said if you exercise and lose weight, you’ll have more ener___,” said Tiffany.

“Really?”

“Uh huh. They said to start out by walk___, even just 10-20 minutes to start. I was think___ I should give that a try.”

“Hey, we could do it together if you want,” said Veronica. “We could circle the p___k while we keep an eye on the kids.”

“That’s a great idea. I could stand to lose a few p___nds of f-a-t.”

“That’s a four-letter word! Who *doesn’t* need to lose some of that?” laughed Veronica.

So that’s how it started. The two friends began walking around the p___k three times a week. Pretty soon they could make the loop four times in twenty minutes. Some days they walked an extra ten minutes. They walked fast enough to get their heart rates up, and to b___n fat.

Then one day Tiffany said, “Veronica, I checked out an ex___cise video from the library last night.”

“An exercise vid___?”

“Yeah. Walking fast is giv___ us a nice cardio workout. But the video has exercises for different p___ts of the body - arms, legs and abs. I was think___ we could rotate the workouts. Each one is 30 minutes long. Before long we’ll be getting strong___ and f___mer. You just need a towel and some small weights.”

“Tiffany, you know I don’t have weights,” said Veronica.

“Sure you do! We can use cans of ___eans and bags of frozen ____etables. We’ll improvise!”

So the friends agreed to give the video a try. They decided to do it twice a w____, on top of their walking.

When Veronica showed up at Tiffany’s ap__tment, she handed her a present.

“What’s this?” asked Tiffany.

“Open it,” said Veronica, smil____.

It was a 32-ounce water bottle.

“You know how you are always hearing advice on the TV? Well I heard a lady on the rad____ last night. She was talking about losing weight. She said one of the best things to do is to ___ink more water. She said, ‘Do yourself a big favor. Say goodbye to so____, and hello to H₂O.’”

“I heard that drinking water is supposed to be good for your sk____, too!” said Tiffany. “But giving up ____da? Ooooh, that’s a hard one!”

“We don’t have to qu____ all at once. The program said to drink three of these water bottles full of water every day. We need more water now that we are exercising.

Carrying the water bottles around will remind us to keep drink____. Then let's treat ourselves to a soda, say three times a week."

"It's a deal," said Tiffany.

The two friends got into their new routine. They did the strength workouts on the vid____. They kept up their fast walking. They drank a lot more water and a lot less soda. They moti____ted each other to stick with it.

Tiffany and Veronica liked see____ their muscles develop. They each started los____ a few pounds. They found they had more energy. They found they preferred to sna____ on apples and almonds instead of chips and candy. They even shared tips for cooking healthier meals.

"Veronica, do you know what I think is the best p____t about taking better care of myself?" asked Tiffany.

"Fitt____ into your old jeans again?"

"Well, that too," said Tiffany. "But the best part is, I don't feel as stress____ out anymore. I'm not only healthier; I'm happier."

"Me too, girl____iend," smiled Veronica. "Me too!"