

Area Target: 9 - /h/ vs #V

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[Two friends talking about fitness at the health club]

- A. I hadn't realized how hard it is to stay healthy these days until I had to watch how many calories I take in every day.
- B. It's really hard! Every day, it seems we hear that another drug or product we took to be harmless is in fact harmful. And the next heart-healthy *diet trend we hope will help us lose those *love handles actually hinders our efforts instead.
- A. We're being held hostage by all this high-pressure hype about health and fitness. I think we need a holiday, don't you?
- B. We can say, yes. However, you know we'd feel guilty about taking one. So what happens? We head right back here to the *health club to do another heavy-duty *workout. I think we're hooked!

Wayne B. Dickerson

*compound noun