Прочитайте текст. Выпишите по два лишних слова в порядке их предъявления в тексте.

If you're feeling tense, stressed and irritable and can't seem to relax after a hard day at the office, then what you should do is take up to a hobby that helps you unwind at the end of the day. If you're not particularly fit and don't feel up to gymnastics or jogging, then gardening may be the hobby rather for you.