

Exercise 1: Complete this article in a health magazine. Use the gerund form of the following verbs.

go sit waste run dance lift do take exercise meet

Kick up Your Heels!

In recent years, 1) _____ has become a very popular way to stay in shape. In addition to its health benefits, it also has social advantages. "I enjoy (2 _____ out and 3) _____ new people," says Diana Romero, a 28-year-old word processor. 4) " _____ all day at a computer isn't healthy. After work I need to move." And Diana isn't alone on the dance floor. Many people who dislike 5) _____, 6) _____ weights, or 7) _____ sit-ups are swaying to the beat of the swing, salsa, and rumba. So, if you are looking for an enjoyable way to build muscles and friendships, consider 8) _____ a spin on one of the many studio dance floors that are opening up in cities across the country. 9) " _____ can be fun," says Sandra Carrone, owner of Studio Two-Step. So, quit 10) _____ time, grab a partner, and kick up your heels!

Exercise 2: Make a gerund or gerund phrase from the first sentence. The gerund replaces the **it, this, that, these,** and **those** in the second sentence.

Example. I watch airplanes take off. **It** is very relaxing.
Answer: Watching airplanes take off is very relaxing.

- Peter got hit by the ball. **That** sent Peter to the hospital.
Answer:
- You should brush your teeth twice daily. **This** is what all dentists recommend.
Answer:
- She wants to be a journalist. **That** is her dream.
Answer:
- You have to take the test. **It** is the only way to get into that college.
Answer:
- We have studied Spanish. **This** helped us on our trip to Barcelona.
Answer:

Exercise 3: Directions: Look at the results of the questionnaire on four people's likes and dislikes. Then complete the sentences below with appropriate gerunds. **Key:**  = enjoy, **OK** = don't mind,  = dislike

- Javier is the only one who enjoys _____.
- Kate doesn't like _____, but Alex doesn't mind it.
- Kate really enjoys _____, but both Vanessa and Alex dislike it.
- Alex enjoys _____, but Vanessa dislikes it.
- _____ is the activity that people most disliked.
- Half of the people don't mind _____.
- _____ is an activity that half of the people enjoy.
- _____ is the only activity that all four enjoy.
- Alex and Kate are going to go _____ together at the Two-Step Studio. They both enjoy it.
- Kate doesn't mind _____.
- Alex and Vanessa dislike _____ tennis.
- They also dislike _____.

Key:  = enjoy, **OK** = don't mind,  = dislike

	Alex	Javier	Kate	Vanessa
1. dance				
2. walk				
3. do sit-ups				
4. play tennis		OK		
5. jog			OK	
6. lift weights	OK	OK		