

## UNIT 2. HEALTH

### SKILLS 2

#### I.Listen to the interview with an ironman and write the word you hear.

**A:** Were you sporty as a child?

**B:** No, I always felt (1)\_\_\_\_\_ and weak. I had allergies too, so I always had a runny nose, and itchy skin.

**A:** When did that change?

**B:** My friends started doing (2)\_\_\_\_\_. I wanted to, too. My sports instructor said "Do (3)\_\_\_\_\_ exercise, or continue to feel sick. It's up to you!"

**A:** Was it easy?

**B:** No! It was (4)\_\_\_\_\_. I did more exercise, so my body ached. But slowly I felt better.

**A:** What do you do now?

**B:** I do (5)\_\_\_\_\_ around the world. It's a tough competition. You have to swim, run, and (6)\_\_\_\_\_ a bike. I use around 6500 (7)\_\_\_\_\_ in one event!

**A:** How do you prepare?

**B:** Three great things to do before the race are: eat more (8)\_\_\_\_\_ food, sleep more, and do more exercise. Then you'll be ready.

#### II. Are the following sentences true (T) or false (F)?

1. He wanted to do sports because of his friends. \_\_\_\_\_.
2. Taking up sports was hard. \_\_\_\_\_.
3. He takes part in this event around the world. \_\_\_\_\_.
4. In this event, you swim, run and ride a bike. \_\_\_\_\_.
5. This event uses less than 6000 calories. \_\_\_\_\_.