1D

Vocabulary

Verbs to describe a healthy lifestyle

1 Choose the correct option a, b or c.



An expensive watch

Last year, I decided to invest in a watch that [1]____ my fitness levels. It [2]____ information about how far I run or walk when I do exercise and [3]____ me to try to go faster each time. It also records the number of steps I do and reminds me to get up and walk around every hour when I'm at work. All in all, it [4]____ a much healthier lifestyle and [5]____ it possible for me to get fitter.

This all sounds great, doesn't it? And it was at first – I loved it! But it wasn't long before that changed. After a few months, while I was still noting how many steps I was doing, I was doing nothing to increase the number. The reminders that [6]____ me from being lazy went ignored. I even stopped recording my running times. Now, it's basically nothing more than an expensive watch!

1 a warns
  b encourages
  c tracks

2 a provides
  b discourages
  c makes

3 a offers
  b encourages
  c warns

4 a makes
  b provides
  c promotes

5 a did
  b got
  c made

6 a warned
  b discouraged
  c avoided

English in action

Contribute effectively to a conversation or discussion

2 Put the words in the correct order to make sentences and questions.

1 makes / say / what / that / you ?

2 really / not / on / I'm / that one / you / with

3 a bit / you / more / can / that / explain ?

4 guess / right, / you / I / be / might

5 me / happened / once / that / to

6 you / that conclusion / to / how / come / did ?

7 way / you / it / could / look at / another

8 of / reminds / the time / that / to Spain / me / I went

3 Complete the conversations with phrases using the words in brackets.

1 A: Fitness gadgets are only helpful if you make an effort to get fit.
  B: _____ (absolutely/right). There's no point having one if you don't.

2 A: Chocolate's good for you? _____ (make/say)?
  B: Well, experts say a little of the dark variety can be good for your heart.

3 A: Parents should get a fine if they give their children unhealthy food.
  B: _____ (serious)? That's a crazy ideal

4 A: The key to good physical health is to eat less and move more!
  B: _____ (got/point) but that's easier to say than do.

5 A: The price of sweets should be higher. It'll stop people from eating them.
  B: _____ (experience), that kind of tax doesn't work. People just spend more.

6 A: Education leads to a healthy diet? _____ (come/conclusion)?
  B: Research. When we know what healthy food is, we eat better.

4 Complete the blog post with a suitable word.

'If you want to get fit you've got a few [1]_____. One is to join a gym. The [2]_____ advantage of that is that you have access to lots of different equipment as well as maybe a pool. The [3]_____ is that it can be expensive, particularly if you don't go very often. Another argument [4]_____ the gym is that it's a routine which can get very boring very quickly. Another [5]_____, however, is to walk or run. The [6]_____ of this is that it's free and you can get outside and see some great views at the same time. You have to take into [7]_____ that the air might not be very clean if you live in a city, though.
On [8]_____, I think that walking or running is preferable to joining a gym because it's a more natural form of exercise than lifting weights. However, everyone will have their own preference.'

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