

Work and routines

1 Complete the sentences with the pairs of words in the box.

check + emails full-time + work get + off productive + day
ratio + to takes + hour work + overtime

- a We only _____ half an hour _____ for lunch.
b More than four million _____ employees _____ more than 48 hours a week.
c I _____ an average of 6 hours _____ a week.
d It _____ me an _____ to get to work.
e I _____ my _____ at least ten times a day.
f The _____ of men to women is two _____ one in my job.
g Nobody can be _____ sixteen hours a _____

2 Match the sentence beginnings (a-h) with the endings (1-8).

- a Professor Axt thinks that lazing ...
b Doing as little as possible is better ...
c Being lazy is the key ...
d Take a midday break instead ...
e He's in favour ...
f Try to take ...
g We only have a limited ...
h If you get up early, you are likely to ...
1 ... around is good for you.
2 ... of playing squash or going for a run.
3 ... amount of energy.
4 ... it easy this weekend.
5 ... than going to the gym.
6 ... to a long and healthy life.
7 ... of moderate exercise like walking.
8 ... feel stressed for the rest of the day.

a b c d e f g h

Do as an auxiliary

3 Complete the conversation using *do*, *does*, *don't* or *doesn't*.

- A (a) _____ you do a lot of exercise?
B Yes, I suppose I (b) _____. Why do you ask?
A Well, it's better if you (c) _____, according to a German scientist.
B What (d) _____ he say about it?
A He (e) _____ say that exercise is bad for you exactly, but that if you do too much, you use up all your energy.
B That (f) _____ make sense. Sport is good for you and makes you feel better.
A Yes, but according to him people who run a lot and play squash (g) _____ usually live to an old age.
B Well, I (h) _____ believe it. He probably just (i) _____ like sport.

Phrasal verbs

4 Combine a verb from box A with a preposition from box B to complete each sentence below. You may need to change the verb form.

A

give go pick switch use work

B

off out through up up up

- a Please can you _____ your mobile phones before the presentation begins?
b After a long day at the office, I like to _____ at the gym before I go home.
c I want to _____ smoking because I know it's bad for my health.
d The taxi _____ me _____ every morning at half past nine.
e I don't want to _____ all my energy doing strenuous exercise.
f She _____ her correspondence with her secretary every morning.