

Gerund and infinitive**1** ★★ Choose the correct form of the verbs to complete the sentences.

- 1 You don't need **to cut/cutting** out sweet foods completely.
- 2 I'm quite keen on **to join/joining** a sports club.
- 3 Would you like **to play/playing** tennis with me later?
- 4 **To run/Running** isn't my favourite activity!
- 5 My dad promised **to take/taking** me to the cinema on Saturday.
- 6 Jess admitted **to feel/feeling** really tired after the walk.

2 ★★ Write the sentences in the correct order.

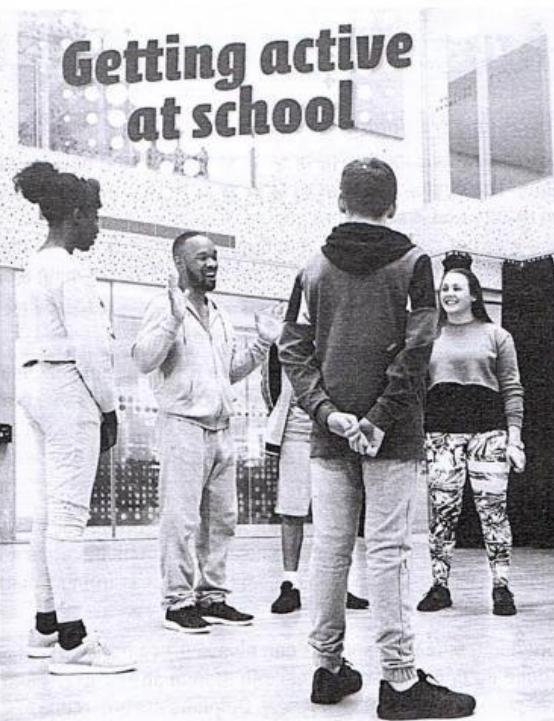
- 1 going / I / for / like / walks
I like going for walks.
- 2 exercise / good / doing / is / for / you
Exercise is good for you.
- 3 gym / decided / I / join / local / to / a
I decided to join a local gym.
- 4 easy / it / to / fast food / cut out / isn't
It isn't easy to cut out fast food.
- 5 called / I / Sofia / ask / to / advice / for
I called Sofia to ask for advice.
- 6 I'm / running / a marathon / in / interested
I'm interested in running a marathon.

3 ★★ Complete the questions with the correct form of the verbs in brackets.

- 1 What exercise are you planning **to do** (do) this week?
- 2 What kinds of sports do you enjoy **(take)** part in?
- 3 Do you find it easy or difficult **(eat)** a healthy diet? Why?
- 4 What new things are you trying **(learn)** at the moment?
- 5 What sports are you interested in **(try)** in the future?

4 ★★★ Answer the questions in exercise 3 for you.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

5 ★★★ Complete the text with the correct form of the verbs in brackets.

It is well known that 1 **doing** (do) exercise every day is good for your health, so some schools are now interested in 2 **find** (find) new ways to include exercise in the normal school day. In the United States, Active Schools encourage students 3 **become** (become) fitter by 4 **make** (make) sure that they do at least one hour of physical exercise each day before, during and after classes.

A few forward-thinking schools have decided 5 **change** (change) their normal classroom chairs for exercise bikes 6 **allow** (allow) their students to cycle while they are studying. Most students are delighted 7 **have** (have) the bikes and find it easy 8 **concentrate** (concentrate) on their work and cycle at the same time. What do you think? Would you enjoy 9 **be** (be) more active at school?