

Activity 6: Look at the words/phrases 1-12. Do they have the same meanings as the phrases A-G? Put the numbers 1-12 into the correct place on the table. There is an example that has been done for you.

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| 1. accessible for anyone | 5. encouraging | 9. less chance of hurting |
| 2. any time of the year | 6. fun | 10. likely to give up |
| 3. boring | 7. hard to chat with people | 11. permanent damage |
| 4. challenging if not flexible | 8. impossible with snow, ice, wind, rain | 12. takes a short period of time |

	Synonym	Antonym
A. not dependent on season		
B. enjoyable		
C. low risk of injury		
D. fitness level unimportant		
E. sociable		
F. fast results		
G. motivating		