



Listen to three people talk about their experiences with fitness and exercise.

1. What does Rebecca think about joining a gym?
 - a. It's a waste of money.
 - b. It motivates her to exercise.
 - c. It doesn't provide enough variety for her.
 - d. She was determined to not use it.
2. What is Rebecca's advice about friends and exercise?
 - a. Make friends with people who like exercise.
 - b. Encourage your friends to exercise with you.
 - c. Don't be embarrassed about exercising alone.
 - d. Meet lots of people at the gym.
3. What caused Jeff to start exercising?
 - a. A new electric bike.
 - b. A new girlfriend.
 - c. An accident.
 - d. A lack of money.
4. Since exercising more regularly, Jeff has...
 - a. started appreciating nature more.
 - b. sold the car.
 - c. included exercise in his everyday routine.
 - d. taken up other sports too.
5. As a young man, Leo kept fit because...
 - a. he was always worried about his health.
 - b. he was a member of various sports teams.
 - c. he had a generally active lifestyle.
 - d. he had friends who were particularly good at sports.
6. Leo has found that exercising with other people has...
 - a. had little impact on his fitness level.
 - b. introduced him to several new sports.
 - c. enabled him to return to his past fitness level.
 - d. made him energetic.



Read the following text.

STREAMING WARS

WHY WE STILL LOVE GREAT TV



These days, we have more TV shows to choose from than ever before. Every week, new series appear on different streaming platforms, from exciting dramas to romantic comedies and even reality shows. But what makes a series truly unforgettable?



Many fans say it's all about the characters. Take *The Crown*, for example. The show follows the life of Queen Elizabeth II, and even after several final episodes, viewers still discuss their favourite characters online. Others prefer something less predictable, like *Stranger Things*. The mix of horror, humour, and friendship keeps people guessing, and its special effects are by far the best on television right now.

Some people think TV shows have become too much like Hollywood films—full of expensive effects but less interesting stories. A viewer recently said, “The first seasons were amazing, but now it feels too predictable. You can almost see every twist coming!”

However, not all shows are losing their magic. The Korean drama *Moving* became a global hit because it was full of emotion and unpredictable storylines. Meanwhile, the fantasy series *The Witcher* still attracts millions of fans who say it's exciting to watch how every hero faces their destiny.



Writers also face challenges. Once a story reaches the end of the original books, as happened with *Game of Thrones*, it becomes harder to keep things fresh. “They used to be braver with the story,” one critic said. “Now, some endings feel safe.”

Still, one thing is clear: people around the world continue to love great storytelling. Whether it's revenge, friendship, or adventure, every show gives us something to talk about. As one fan said, “I reckon we just like to be surprised.”



Match the words and phrases with their meanings.

binge-watch		A	how realistic the show is when describing true events or real people
unpredictable		B	when a series keeps viewers watching by ending episodes with suspense
visual effects		C	watching several episodes in a row, usually on a streaming service
character development		D	when a show's storylines or ideas become less creative or fresh
audience engagement		E	the progress or emotional growth of people in the story
historical accuracy		F	when viewers feel emotionally or intellectually involved with the show
cliffhanger		G	parts of a film or series created with computer-generated imagery
lose its originality		H	not easy to guess what will happen next

Match each description with the correct show.

1. The Witcher ☐
2. Moving ☐
3. The Crown ☐
4. Game of Thrones ☐
5. Stranger Things ☐

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| A | The main appeal lies in how real people's relationships and emotions are highlighted. |
| B | The storyline is full of surprises, keeping the audience unsure of what will happen next. |
| C | Critics say it lost some of its originality once it stopped following the books. |
| D | Viewers admire the visual effects most of all. |
| E | The show follows real historical events, and people still discuss its characters long after it ends. |

Complete each sentence with the correct word or phrase from the box.
Use the correct form if necessary.

binge-watch	unpredictable	visual effects	character development
lose its originality	historical accuracy	cliffhanger	audience engagement

1. The show's _____ makes viewers care deeply about the heroes and villains.
2. After five seasons, the series began to _____ and repeat the same storylines.
3. Some people _____ entire seasons of their favourite series in one weekend.
4. Interactive polls and live chats have increased _____ during the show's live broadcast.
5. The episode ended on a _____, leaving fans desperate to know what happens next.
6. The _____ in that fantasy movie were so realistic that the dragons looked alive.
7. The ending was so _____ that no one could guess what would happen next.