

1 Grammar 2 *Used to and would*

- A** Read the blog post from a fitness website. Circle the correct option (a–c). If options a and b are both possible, choose option c.

Three ways regular exercise changed my life

I've changed a lot in the last five years. I ¹ _____ unhealthy and unhappy. I wanted to change my life, but I didn't know how. Then I began to exercise every day. And everything changed. For example, I ² _____ much time outdoors. Instead, I ³ _____ at home and watch TV in my free time. But now I usually go for a run or a bike ride in the evening. As you can imagine, I'm in much better shape than I ⁴ _____. I feel much healthier. That is obviously an important change. But there are other, non-physical ways in which regular exercise has changed my life too.

1 Don't give up

People sometimes ask me, 'What is the secret to getting fit?' My answer is always the same: it's not about the latest diet trend. It's not about what kind of exercise you do. The important thing is not to quit. When I first started exercising, exercise was hard. The muscles in my legs ⁵ _____ like they were burning after a five-minute run. But that didn't last long. One very valuable thing regular exercise taught me is that success or failure depends a lot on how long you do something. It's hard to fail if you never give up. Is there something in your life that ⁶ _____ impossible but became much easier over time? I'm sure we can all think of an example.

2 Nothing is impossible

When I ⁷ _____ adverts that said things like, 'Nothing is impossible,' I ⁸ _____ to myself, 'That's not true. Lots of things are impossible.' Now I'm not so sure. When I started to exercise every day, I was scared. I was scared that all the pain I was experiencing, all my hard work, would come to nothing. Was it possible to become a different person? The answer was yes. I ⁹ _____ the goals people set for themselves were either possible or impossible, but now I think about how much time and energy it will realistically require me to reach a goal. That is a very different way of looking at the world, when you think about it.

3 Less stress

I ¹⁰ _____ an anxious person. I found life in general quite stressful. Regular exercise changed that. It made me realize that I had more control over my life than I had thought. In a short time, I was able to transform not only my body, but also my mind. In the past, I ¹¹ _____ about things that I found stressful, think about them again and again. After a particularly stressful day, I ¹² _____ able to sleep at night. Now I have a way to deal with that anxiety: I just go for a run and forget about everything for a while. Did you know that exercise is a form of mindfulness?



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|--------------------|-----------------------|--------|------------------------|------------------|--------|
| 1 a used to be | b would be | c both | 7 a would see | b used to see | c both |
| 2 a wouldn't spend | b didn't use to spend | c both | 8 a used to say | b would say | c both |
| 3 a would stay | b used to stay | c both | 9 a used to believe | b would believe | c both |
| 4 a used to be | b would be | c both | 10 a would be | b used to be | c both |
| 5 a used to feel | b would feel | c both | 11 a would obsess | b used to obsess | c both |
| 6 a used to seem | b would seem | c both | 12 a didn't used to be | b wouldn't be | c both |

- B** Finish the sentences so they are true for you.

- When I was younger, I would often _____
- At weekends, my friends and I used to _____
- When I was a kid, I didn't use to eat a lot of _____
- One embarrassing fashion trend I used to follow was _____
- One thing my parents used to say to me was _____

- C** Work in pairs. Discuss your sentences with a partner. Ask follow-up questions for more information.