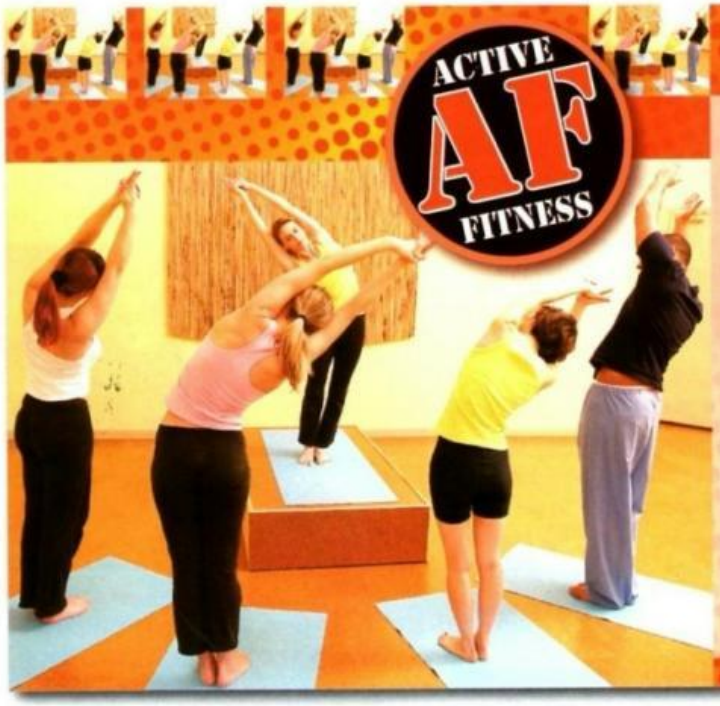
7 Look at the examples from Activity 1 and complete the rules with *-ing* or *-ed*.

Exercise needn't be ***boring****.*
You'll feel really ***relaxed*** *afterwards.*
Don't get too ***tired****.*

1 _____ adjectives describe people or situations.
2 _____ adjectives describe how they make you feel.

8 Complete the text with an adjective form of the word in brackets.



How often have you started an exercise programme but stopped after a few weeks because you got (1)_____ **(bore)**? At Active Fitness we offer a wide range of sport and fitness facilities, so there's always something to keep you (2)_____ **(interest)**. Our highly-qualified staff know how to design (3)_____ **(excite)** programmes that will keep you (4)_____ **(satisfy)** week after week. After a session with us you'll feel (5)_____ **(relax)** and ready to face the world. And we have a final promise - if you join and find our facilities (6)_____ **(disappoint)** in any way, we'll give you your money back. So call today for a free trial – you won't regret it!

LIVEWORKSHEETS