VOCABULARY Health

1 **For each phrase in the box, two verbs are right and one is wrong. Cross out the wrong verb for each phrase.**

get / keep / ~~do~~	fit
enter / do / stay	a race
go / eat / sleep	well
have / take / do	a rest
make / feel / stay	healthy
do / keep / try	some exercises in a gym
get / do / keep	some exercise

2 **Complete the sentences with the correct tense of the verbs in the box.**

do get keep eat enter feel take had

1 After I broke my leg, I _____ some exercises to make it strong again.

2 I think it's really important to _____ fit, so I _____ a lot of exercise.

3 In my family, we _____ well. We have lots of vegetables and no fast food.

4 My dad _____ a 5 km race last week and finished in 35 minutes.

5 When I do a lot of exercise and spend time outdoors I _____ fit and healthy.

6 After the race, my brother _____ a long rest.

LIVEWORKSHEETS

3 Write sentences about you and your family using the vocabulary in Exercise 1. In pairs, compare your sentences.

1 Complete the blog with the phrases in the box.

do some exercises eat well
have a rest sleep well
enter a race stay healthy
get fit

FITNESS FOR EVERYONE

Hi, everyone. Today I've got eight tips and pieces of advice for people who want to start running. Read on if you want to [1] _____ in no time at all!

› Start slowly. Run a little, then [2] _____, then run again.

› Run five times a week.

› [3] _____ – lots of fruits and vegetables. A good diet helps you [4] _____.

› Drink lots of water.

› Don't watch screens late at night so you can [5] _____ – eight hours a night at least.

› In bad weather you can [6] _____ in a gym.

› Remember, at first it hurts but later you feel great!

› [7] _____. This will give you something to work towards in the future. Maybe you'll win!



LIVEWORKSHEETS

2 Match the sentence halves.

I go cycling, swimming and running.

important to do exercise.

is lots of fruit and vegetables.

to enter a race.

to stay healthy.

1 It is very _____

2 I like running but I don't want _____

3 I try to keep fit so _____

4 Swimming is a good way _____

5 The secret to eating well _____

3 Choose the correct words to complete the sentences.

1 I like to *get* / *keep* some exercise when I'm on holiday.
2 You should *do* / *have* a rest after so much running.
3 She's going to the gym because she wants to *get* / *have* fit.
4 You *do* / *feel* healthy when you eat well.
5 I'm going to *get* / *enter* the 100 m race in the school sports day.
6 You should *do* / *take* some exercises to make your legs stronger.

LIVEWORKSHEETS

LISTENING



1 Read the sentences below and listen to the conversations between a boy called Jed and a girl called Holly. Are the sentences right (✓) or wrong (✗)?

100

1 Jed wants to do a 5 km race.

2 Holly can do the race with Jed.

3 Jed wants to do the race with Holly.

4 Jed is worried about the price of sports clothes and trainers.

5 Jed is happy to get up early.

6 Jed can go cycling as well as running.

7 Jed is pleased to see Holly after the race.

2 What advice did Holly give Jed? Complete Holly's notes with the phrases in the box. Listen again and check.

Holly's notes	
Advice for Jed	
He should	He shouldn't
1 _____	8 _____
2 _____	9 _____
3 _____	10 _____
4 _____	
5 _____	
6 _____	
7 _____	

LIVEWORKSHEETS

3 Compare Holly's advice with the advice in the article. What do you think of Holly's advice to Jed? Which advice is good and which is bad?



1 In the past, people didn't need sports like running to stay healthy because they were very active. But these days, many of us spend most of the day sitting down. This means we need to get some exercise in our free time, and running is a cheap and easy way to do it. It's more fun than doing boring exercises in a gym, and all you need is a good pair of trainers and some comfortable clothes. Also, it's a sport that people can do at any age – for example Fauja Singh finished a marathon at the age of 101!

2 To make running interesting, you can enter a race. Fun runs are very popular. These are often 5 km long and are great for beginners. You can run with your friends and maybe dress up. For fitter people, there are half-marathons, marathons, or even ultra-marathons. These can be 70–400 km long. One of the most famous is the Marathon des Sables which takes six days and goes through the Sahara desert.

3 Running is fun and scientists say it is one of the best ways to keep fit. However, make sure you don't do it every day – it's important to have a rest between runs. Running improves the health of almost every part of your body, including your brain. It can make you feel happier and healthier, and live longer. It also helps you sleep well, and that gives you the energy to enjoy your life more. Perhaps it's the perfect sport!

99

LIVEWORKSHEETS

13

1 Listen to four conversations. Match the conversations (1–4) to the places (A–D).









- Conversation 1
- Conversation 3
- Conversation 4
- Conversation 2

LIVEWORKSHEETS

13 **2** **Listen to the conversations again. Are the sentences right (✓) or wrong (✗)?**

1 William hasn't got a headache. ☐

2 Susie has got a pain in her arm. ☐

3 Carla's eye hurts. ☐

4 Marek's foot hurts. ☐

5 Marek thinks his hand is broken. ☐

13 **3** **Complete the sentences from the conversations with the words in the box. Then listen again and check your answers.**

about	matter	should	wrong

1 You _____ take some medicine.

2 What's the _____, Susie?

3 OK, Carla. Tell me, what's _____?

4 What _____ your hand?

LIVEWORKSHEETS