GRAMMAR

I. Circle the words or phrases a) or b) that modify thenoun in the noun phrases in italics.

1. We quickly finished *a thirty-minute workout*.
a) simple adjective b) compound adjective

2. Perhaps you should try a different *exercise regime*.
a) simple adjective b) noun as adjective

3. My wife and I like to go for *a jog in the local park*.
a) prepositional phrase b) participle clause

4. *The person who encourages me to exercise* is myyoungest daughter.
a) prepositional phrase b) relative clause

5. You should always wear *something loose-fitting* when you go to the gym.
a) present participle b) relative clause

II. Write the complex noun phrase in the sentences.

1. My daily workout mainly consists of high-intensityexercise sessions. _____

2. I use a broad range of activities to keep mein shape. _____

3. A new high-tech, cutting-edge fitness gym willopen its doors on the first of next month. _____

III. Put the words in the noun phrases in the correctorder to complete the sentences.

1. The problem with dieting for weight loss is thatit's/*frustratingly/process/long/a*.

_____

2. *The/the/woman/who/marathon/70-year/ won/-old* is our role model.

_____

LIVEWORKSHEETS

IV. Match sentence halves 1–5 with a)–e).

1. Why she didn't come to yoga today
2. An absolute fortune
3. In the corner
4. Into the fitness class
5. It was exhausting yet very effective,

a) your gym membership must cost you.
b) rushed the late and frustrated coach.
c) stood thousands of pounds' worth of exerciseequipment.
d) I really don't have any idea.
e) that fitness regime.

V. Complete the sentences with the correct pronoun.

1. Sarah, our next-door neighbour,_____'s (*he, she, we,it*) going walking with us tomorrow.
2. That muscular man over there, is_____(*he, they,she, we*) the new fitness instructor?
3. Swimming every day for an hour,_____'s (that, he,she, they) what I call good exercise!
4. _____'re (*he, she, it, they*) certainly not cheap,name-brand trainers.
5. _____ (*he, she, it, they*) was stunning, that floralblouse you were wearing yesterday.

VOCABULARY

VI. Complete the collocations with a word in the box. There is an extra word.

aspect - posture - results – success – sustain – trigger

1. It's very difficult to_____young people'sinterest in healthy eating.
2. Skiing lessons_____a long-forgotten childhood memory – one of my father teachingme to skate.
3. An important_____of a good fitness regime is a healthy diet. Eating the right food provides the energy you need.
4. To enhance your_____, pull your head and back up, keep your shoulders squared and alwaysstand up straight.
5. Having a fitness routine that delivers tangible_____ requires you to perform several types ofactivities on a regular basis.

LIVEWORKSHEETS

VII. Complete the definitions. Make compound adjectives using the words in the box. There are extra words.

long - low

1. _____ *-haul*: travelling a long distance
2. _____ *-key*: not intense; relaxed or easy

VIII. Correct the compound adjective in each sentence. Use the prefixes in the box

far- full- hard-

1. My brother is so *full-headed*_____. He never listens to advice and always does things his own way.
2. The interview with the sports star was *far-hitting* _____. The reporter asked some very personal questions.
3. The idea of getting up before dawn to do aerobics is so *hard-fetched*_____. I don't even wake up until 9 o'clock!

LIVEWORKSHEETS

READING

Oliver's Story

When I was 22, I started to have major issues with my weight. I've never been really overweight, but I'm not naturally skinny either. I was well-built with ginger hair. I foolishly thought that women would be more attracted to me if I were slimmer. So I almost starved myself in order to achieve the body type I wanted. In fact, it's now frightening to think of how quickly the kilos fell off.

I got thin – at least that's what I believe. My Friends and family thought quite differently about my appearance. I've Heard them use adjectives like scrawny, skeletal, emaciated and gaunt. Strangely enough, I only Heard what I wanted to hear, which was 'thin'.

I ended up with a lot of health problems as the reward for my obsession with being thin. The physical problems were later resolved, but the emotional effects still linger. To this day I have issues with what I eat. There is not a single meal placed in front of me where I don't do a metal calorie count. The good news is that I've slowly come to terms with my body. I eat healthily and exercise. But when I'm upset with myself about something, my knee-jerk reaction is to punish self by not eating.

Today I tell other people to remember that beauty is entirely subjective. No matter what you look like, there will always be some people who think of you as attractive and others who don't. The important thing is to be healthy. This is what matters to those who truly care about you.

Am I obsessed with my body image?

1. When I look at myself in the mirror,
   I am never satisfied with how I look.
   sometimes satisfied with how I look.
   always satisfied with how I look.
2. The thing I would like to change about my physical appearance is my height.
   weight. body shape.
   hair. complexion. muscle size.
3. I feel most insecure about my body
   when I get on the scales.
   when I look in the mirror.
   when I compare myself with other people.
4. I weigh myself
   daily.
   weekly.
   less than once a week.

LIVEWORKSHEETS

IX. Read the artilce and questionnaire again. Are the sentences true (T) or false (F)? Correct the false sentences.

1. Oliver was a young teenager when he becomeoverly concerned about his body image
2. Oliver exercised to achieve his ideal weight.
3. Oliver's friends and family thought that he wasseverely underweight.
4. Oliver's body image contradicted the opinion ofthose around him?
5. Oliver's health suffered as a result of hisweight loss.

X. Match the words and phrases 1–8 with thesynonyms a)–h).

1. well-built	a) skinny
2. come to terms with	b) bulky
3. gaunt	c) red-headed
4. ginger	d) remain
5. knee-jerk	e) preoccupation
6. linger	f) automatic
7. obsession	g) biased
8. subjective	h) accept

LIVEWORKSHEETS