

Complete the passage

Use the verbs **make**, **do**, **have** and **take** in their correct forms to complete this passage.

Getting fit!

June Bishop decides to get in shape.

Last week, I (1)_____ an important decision. I decided to get fit. Until recently, I just haven't (2)_____ time to go to a gym. I work full-time in a busy office, and I (3)_____ a large family, so when I'm not at work, I'm (4)_____ the shopping, (5)_____ the beds, (6)_____ the ironing, (7)_____ dinner, clearing up all the mess that the kids have (8)_____ and generally (9)_____ all the housework. So, I'm busy and active, but not particularly fit.

But with the kids away at summer camp for a few weeks, I realised that I (10)_____ the perfect chance to (11)_____ something about it. I immediately (12)_____ advantage of the peace and quiet, and (13)_____ an appointment with a personal trainer at a local gym.

It was great! I'd (14)_____ the idea that all these really fit body-builders would (15)_____ fun of me, but in fact the atmosphere was very relaxed and friendly. My personal trainer – Tony – encouraged me to (16)_____ my best, although he warned me to (17)_____ care not to overdo things in the first session. He wanted to (18)_____ sure I didn't injure myself. At the end of the hour, he said I'd (19)_____ very well.

I've been to the gym four times now, and I'm extremely glad I (20)_____ the effort. Exercise clearly (21)_____ you good, and my workouts have (22)_____ an effect already. I feel a lot healthier. It's really (23)_____ a difference. And I've also (24)_____ some good friends there. I've (25)_____ up my mind to continue, even when the kids come back.

Whenever I have a day off, usually every Tuesday, I'm going to

