Exercise 1: Complete this article in a health magazine. Use the gerund form of the following verbs.

In recent years, 1)			Kick up Your Heels!
to move." And Diana isn't alone on the dance floor. May people who dislike 5) weights, or 7) situps are swaying to the beat of the swing, salsa, and rumba. So, if you are looking for an enjoyable way to build muscles and friendships, consider 8) a spin on one of the many studio dance floors that are opening up in cities across the country. 9) "	In re	ecent years, 1)	has become a very popular way to stay in shape. In addition to its health
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country. 9) " can be fun," says Sandra Carrone, owner of Studio Two-Step. So, time, grab a partner, and kick up your heels!  Exercise 2: Make a gerund or gerund phrase from the first sentence.  The gerund replaces the it, this, that, these, and those in the second sentence.  Example. I watch airplanes take off. It is very relaxing.  Answer: Watching airplanes take off is very relaxing.  Answer:  2. You should brush your teeth twice daily. This is what all dentists recommend.  Answer:  3. She wants to be a journalist. That is her dream.  Answer:  4. You have to take the test. It is the only way to get into that college.  Answer:  5. We have studied Spanish. This helped us on our trip to Barcelona.  Answer:  Exercise 3: Directions: Look at the results of the questionnaire on four people's likes and dislikes. Then complete the sentences below with appropriate gerunds. Key: = enjoy, OK = don't mind, = dislike  1. Javier is the only one who enjoys, but Alex doesn't mind it.  3. Kate really enjoys, but Vanessa dislikes it.  4. Alex enjoys, but Vanessa dislikes it.  5. Is an activity that people most disliked.  6. Half of the people don't mind, is the only activity that all four enjoy.  9. Alex and Kate are going to go, tennis.			
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		Alex and Vanessa dislike	

	Alex	Javier	Kate	Vanessa
1. dance		7		<b>P</b>
2. walk	6			
3. do sit-ups	7		7	₹
4. play tennis		ОК		1/2