A Read the texts below. Match choices (A-H) to (1-6). There are two choices you do not need to use.

Suggested activities for keeping fit



1

Meditation

Suffering from stress? Is having too many things on your mind affecting your concentration? Come to one of our meditation classes and we will help you have a richer and deeper experience of life. You will develop calmness and peace of mind, and reduce any feelings of stress.

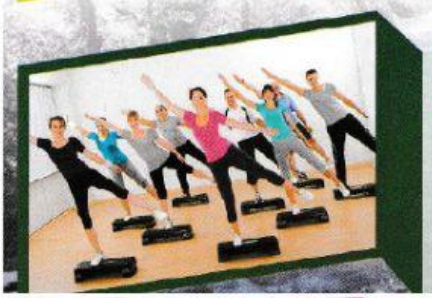


2

Indoor Cycling

Also known as 'spinning', this is a great workout done on stationary bikes that increases endurance and works the lower body. So if you don't want to bother with the weather, want to avoid physical risk, or need a little extra motivation from an instructor, come to one of our classes.

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3

Aerobics

Have you been under a lot of pressure lately? Well, there is nothing like working up a little sweat to make you forget all about your problems. We offer a range of aerobics classes to suit everyone's needs and abilities.



4

Sailing

Whether you are setting foot on a boat for the first time or planning a trip along the coast, we will help you achieve your goals. We offer the best sailing lessons in the country both for beginners and more advanced levels. Because we realise that most people nowadays are very busy, we have also designed a number of weekend sailing lessons.



5

Scuba Diving

Our scuba diving classes not only teach you how to be a diver, they also allow you to fully enjoy your underwater adventures in a safe and comfortable way. You do not even have to buy any study materials or equipment.



6

Horse Riding

At our riding academy we teach children and adults how to ride. What better way to explore the great outdoors at the weekend than on a horse! Set off on one of the many trails on your own or accompanied by one of our guides. We provide all the equipment you need.

Which activity would be suitable for someone who wants to _____?

A. take up a high-energy activity to beat stress ☐
B. explore the ocean depths ☐
C. exercise but is worried about getting injured ☐
D. improve their skills and become professional ☐
E. relax and find some inner peace ☐
F. take up an activity which is offered for free ☐
G. take up an activity that combines their love for animals and the countryside ☐
H. take up an outdoor activity on weekdays ☐

LIVEWORKSHEETS