Exercise 8 Read the text. Match the sentences A-E with the gaps 1-5 in the text.

Interviewer Dr Watson! Just how important is sport for teenagers?
Dr Watson 1_____ It's no good just spending two or three hours a day playing video game. You can't be fit and healthy if you hardly ever do exercise. Three or four hours a week is OK. Different sports exercise different parts of the body. For example, swimming is excellent for your arms and shoulders. 2_____ Then, there are team sports, where you need to use special skills to play well. Team sports can also help you work more easily with other people – and this is important when you want a job.
Interviewer 3_____
Dr Watson These are not a very good idea, because they can be quite dangerous. You need special protection like a helmet for your head, pads for your knees and elbows. It's always a good idea to work with a trainer, who can help when you have problems.
Interviewer 4_____
Dr Watson Things like board games or bowling can also be very good for you. They don't give you much physical exercise, of course, but they are important mental exercise. And they are often good fun too. 5_____ Oh, and finally, I would also recommend listening to or playing music. It's important to work with both mind and body, and music can do that very well!

Match the sentences A–E with the gaps 1–5 in the text.

A Cycling, on the other hand, is good for your legs and knees.

B What about other activities?

C Well, all young people need physical exercise.

D What about extreme sports?

E You meet lots of different people and you enjoy life more.

—/5

LIVEWORKSHEETS