Part 2

Questions 6–10

The people below live in London and are all interested in keeping fit.
On the opposite page there are descriptions of eight websites for people wanting to keep fit.
Decide which website would be the most suitable for the following people.
For questions **6–10**, mark the correct letter (**A–H**) on your answer sheet.

6



Klara has recently moved to London and enjoys serious running. She is looking for a club where she can take part in competitions.

7



Sami wants to find some ideas for keeping fit at home and communicate online with other people doing the same thing. He doesn't want to have to pay for using the website.

8



Kumiko is a member of a local gym where she goes at least twice a week. She does not get much time to shop, so wants to buy gym clothes and shoes online.

9



Peter loves the outdoors and cycles to different places each weekend to keep fit. He wants a website which will give him suggestions for a range of suitable destinations.

10



Stefano is a student and is looking for a gym where he can keep fit. He wants to pay each time he visits the gym rather than paying a fee to become a member.

LIVEWORKSHEETS

FIND THE PERFECT WAY TO KEEP FIT WITH THESE WEBSITES

A **www.activelife.co.uk** This site is perfect for those who like to combine living a healthy lifestyle with enjoying the countryside. Type in the name of the town and you get a list of locations that offer routes for cycling or exploring the area on foot. There is also information on cycling competitions in Britain.

B **www.fitinfo.com** This online shop offers books, magazines, DVDs and software connected to keeping fit. You simply type in the aspect of keeping fit that you are interested in, such as 'keeping fit outdoors', and a super selection is displayed.

C **www.fitnet.co.uk** Steve Amos started this site for busy people wanting to keep fit. Fill in a questionnaire and Steve will create a fitness programme for you. Although Steve's fee is high, you can email him for advice whenever you want. In addition, Steve has designed a range of fitness clothes and footwear, which anyone can order (48-hour delivery).

D **www.NAG.co.uk** The National Athletics Group is a site for people interested in athletics. It allows you to find out where your nearest athletics club is and provides information about races and other athletics events around the country. There is a popular chatroom where athletes exchange suggestions and ideas.

E **www.swavedon.com** Swavedon is a national park with a lake, which offers many different ways of keeping fit in the great outdoors. There are three cycle routes, a jogging track around the lake and several woodland walks.

F **www.fitnessonline.co.uk** This is a free government website that encourages people to keep fit. It gives diet advice, and allows you to work through a fitness programme without leaving your house. It also offers advice on gym equipment to buy and has a chatroom, where you can compare experiences with others.

G **www.fitnessclub.co.uk** This website tells you all you need to know about this chain of gyms, including where your nearest Fitnessclub gym is, how you can become a member and how much the yearly fee is. Advice is given on everything from using a running machine to buying the right equipment. Each gym has a swimming pool and a shop selling gymwear.

H **www.sportsarena.co.uk** This website tells you how you can keep fit at this group of London sports centres. You don't have to be a member - these centres operate a pay-as-you-go system. They all have a pool, squash courts, gym and outdoor tennis courts. The website includes details of locations, opening times and prices.

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