

DAY 56. I WISH/IF ONLY EXAM PRACTICE

A. KEY WORD TRANSFORMATIONS Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between three and six words, including the word given.

1. Adrian doesn't like living so far from the train station. **REACH**
Adrian wishes the train station.
2. The manager wants Debbie to be put in charge of this department. **TOOK**
The manager would prefer this department.
3. It would have been better to reserve a room at a hotel than a guesthouse. **RESERVATION**
I'd at a hotel than a guesthouse.
4. Jim only got into debt because he was given a credit card. **ISSUED**
If Jim a credit card, he couldn't have got into debt.
5. What a shame they demolished the building! **BEEN**
If only down!
6. This problem has to be solved immediately. **SOLUTION**
It's high this problem.
7. Helen's behaviour at the meeting resembled that of a child. **THOUGH**
At the meeting, Helen was child.
8. The editor prefers to be asked before articles are changed in any way. **CHANGES**
The editor would rather staff articles without asking him.

B. OPEN CLOZE Read the text below and think of the word which best fits each gap. Use only one word in each gap.

GETTING ENOUGH EXERCISE

While most people (1) to have a toned healthy body, not everyone enjoys (2) out at the gym. In fact, many of us (3) sooner avoid any kind of vigorous exercise altogether, and may not even feel it is necessary. Over the years, various health experts have assured us that keeping (4) simply requires a total of 30 minutes of moderate activity most days of the week. Many people believe that a walk to the shops or some light housework constitutes moderate activity, but it turns (5) this may not be the case.

According to the British Association of Sport and Exercise, it is high (6) more specific advice (7) given about what actually constitutes moderate activity. Housework, it seems, does not fall into this category. Anyone who devotes a great deal of time every day to dusting and vacuuming no doubt wishes that it (8) , but research has shown that women who spend over eight hours a day (9) housework actually tend to be slightly more overweight than (10) who do none whatsoever. The association, therefore, would prefer (11) if the public were instructed as to exactly what (12) of physical activity to aim for.

But setting such guidelines is not easy (13) individual fitness levels and exercise requirements vary. For instance, while walking at a fast pace (14) generally beneficial for women, it may not be physically challenging enough for men. For this reason, the association would rather this section of the population took up jogging (15) relied on walking as a form of exercise.