

CAE / Complete Advanced / Writing reference / Part 1 - essay

You have watched a television discussion about methods governments could adopt to encourage people to take more exercise. You have made the notes below.

How can governments encourage people to take more exercise?

- better education
- free facilities
- exercise time at work

Some opinions expressed in the discussion:

'People already know the benefits of exercise but don't do enough about it.'

'Many forms of exercise are free.'

'Employers would benefit from a healthier workforce.'

Write an essay discussing **two** of the methods in your notes. You should **explain which method you think is more important** for governments to consider and **provide reasons** in support of your opinion.

You may, if you wish, make use of the opinions expressed in the discussion, but you should use your own words as far as possible.

Read an example essay. Use the words and phrases in the box to fill in the gaps.

In addition to

In view of this

however

whereas

It is generally accepted

Therefore

In view of the above arguments

It has been suggested that

_____ that people today take insufficient exercise. This, combined with a poor diet, can lead to ill health and a poor quality of life. _____, it has been suggested that governments should act to encourage more exercise. I shall consider two of the proposed methods.

Probably the most important action governments could take would be to introduce an education programme into all schools. _____ publicising the benefits of exercise, this would make exercise a compulsory part of the school curriculum and get young people used to following an exercise regime. In my view, _____, for this to be truly successful, there should be a corresponding programme aimed at adults. If parents took part in an exercise programme put on by the school, they would be supporting what their children were being taught.

_____ if exercise facilities were free, there would be an increased public take-up. In theory, this seems an excellent way of encouraging adults to exercise, but in practice I am doubtful. It is based on the assumption that exercise depends on money, _____ in fact walking and cycling, two very effective ways of keeping fit, are free and can be fitted conveniently into most people's daily routine. _____, in my opinion, providing expensive extra facilities is unnecessary and would be a misuse of public money.

_____, I believe governments should introduce education programmes aimed at people of all ages because this is the most cost-effective means of achieving the desired goal.