UNIT 10

Keeping Fit

Getting Ready



What do you do to keep fit? Match each goal on the left with the correct suggestion on the right. Compare your answers with a partner.

1. have a healthier diet _c_
2. tighten stomach muscles ___
3. put on weight ___
4. swim regularly ___
5. get some outdoor exercise ___

a. do lots of sit-ups
b. join a health club with a pool
c. eat less meat and more vegetables
d. lift weights every other day
e. take up jogging

CD 2-7 Listening 1

People are talking about New Year's resolutions. What is each person going to do? Listen and circle the correct answer.

1. (a.) do more exercise
   b. put on weight
2. a. learn to swim
   b. give up smoking
3. a. do more walking
   b. take up jogging
4. a. join a gym
   b. put on weight
5. a. eat less meat
   b. lose some weight
6. a. take up jogging
   b. start doing sit-ups

LIVEWORKSHEETS

Listening 2

CD 2-8 ▶ Task 1

Which kind of exercise does each person prefer now? Listen and check (✓) the correct picture.

1.



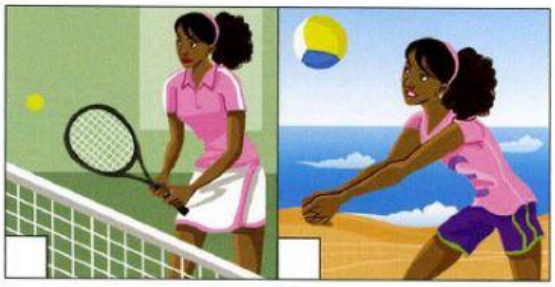
a. ☐ b. ✓

2.



a. ☐ b. ☐

3.



a. ☐ b. ☐

4.



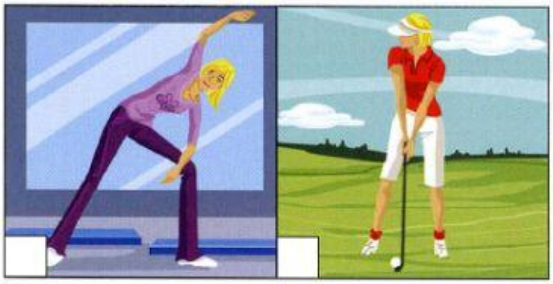
a. ☐ b. ☐

5.



a. ☐ b. ☐

6.



a. ☐ b. ☐

CD 2-8 ▶ Task 2

Listen again. Circle the reason each person likes the kind of exercise he or she does now.

1. **a.** It's not fun.
   b. It's a good place to meet people.
2. **a.** He does it indoors.
   b. He listens to the ocean as he does it.
3. **a.** It's fun.
   b. It's not easy to find a place to play.
4. **a.** It's easy to do it.
   b. She can do it almost anywhere.
5. **a.** It took a short time to learn.
   b. He doesn't usually ride it on busy streets.
6. **a.** It's cheap to do.
   b. It's not as easy as it looks.

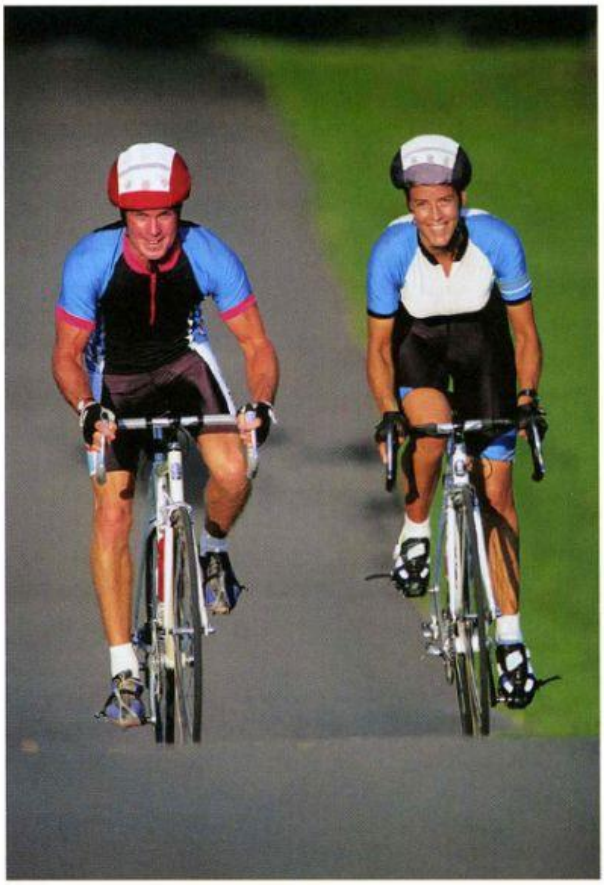
LIVEWORKSHEETS

Listening 3

CD 2-9 ▶ Task 1

People are talking about exercise. Listen and check (✓) the activities they do or do not do now.

	Does	Doesn't do
1. Brandon		
a. swimming	☐	☑
b. jogging	☐	☐
c. bicycling	☐	☐
2. Alicia		
a. jogging	☐	☐
b. aerobics	☐	☐
c. weightlifting	☐	☐
3. Ian		
a. tennis	☐	☐
b. golf	☐	☐
c. weightlifting	☐	☐
4. Katie		
a. weightlifting	☐	☐
b. swimming	☐	☐
c. jogging	☐	☐



CD 2-9 ▶ Task 2

Listen again. What sport does each person want to try? Write the correct letter.

1. Brandon b
2. Alicia ___
3. Ian ___
4. Katie ___

a. swimming
b. tennis
c. biking
d. golf

LIVEWORKSHEETS