

EXERCISE 9

Put the sentences in the correct order to complete the paragraph.

Firstly, if you have to make a short journey by bus or car every day, you could try walking or cycling instead.

For example, if you play a game of volleyball once a week or go for a run together, you will improve your health, and make new friends.

For example, you could walk up the stairs instead of taking the lift, and make sure that you go for a walk during your breaks.

Secondly, you can be more active while you are at work or college.

However, there are many ways that we can keep fit for free and without taking time out of our busy days.

This may take a little bit longer, but you will feel healthier and you will have more energy if you do this every day.

Many people today say that they don't have time to exercise, because they are too busy with work, college or school.

Finally, you could try a new sport with your colleagues or classmates.



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