

## Work and routines

1 Complete the sentences with the pairs of words in the box.

check + emails   full-time + work   get + off   productive + day  
ratio + to   takes + hour   work + overtime

- a We only \_\_\_\_\_ half an hour \_\_\_\_\_ for lunch.
- b More than four million \_\_\_\_\_ employees \_\_\_\_\_ more than 48 hours a week.
- c I \_\_\_\_\_ an average of 6 hours \_\_\_\_\_ a week.
- d It \_\_\_\_\_ me an \_\_\_\_\_ to get to work.
- e I \_\_\_\_\_ my \_\_\_\_\_ at least ten times a day.
- f The \_\_\_\_\_ of men to women is two \_\_\_\_\_ one in my job.
- g Nobody can be \_\_\_\_\_ sixteen hours a \_\_\_\_\_

2 Match the sentence beginnings (a-h) with the endings (1-8).

- a Professor Axt thinks that lazing ...
  - b Doing as little as possible is better ...
  - c Being lazy is the key ...
  - d Take a midday break instead ...
  - e He's in favour ...
  - f Try to take ...
  - g We only have a limited ...
  - h If you get up early, you are likely to ...
- 1 ... around is good for you.
  - 2 ... of playing squash or going for a run.
  - 3 ... amount of energy.
  - 4 ... it easy this weekend.
  - 5 ... than going to the gym.
  - 6 ... to a long and healthy life.
  - 7 ... of moderate exercise like walking.
  - 8 ... feel stressed for the rest of the day.

a   b   c   d   e   f   g   h

## Do as an auxiliary

3 Complete the conversation using *do*, *does*, *don't* or *doesn't*.

- A (a) \_\_\_\_\_ you do a lot of exercise?
- B Yes, I suppose I (b) \_\_\_\_\_. Why do you ask?
- A Well, it's better if you (c) \_\_\_\_\_, according to a German scientist.
- B What (d) \_\_\_\_\_ he say about it?
- A He (e) \_\_\_\_\_ say that exercise is bad for you exactly, but that if you do too much, you use up all your energy.
- B That (f) \_\_\_\_\_ make sense. Sport is good for you and makes you feel better.
- A Yes, but according to him people who run a lot and play squash (g) \_\_\_\_\_ usually live to an old age.
- B Well, I (h) \_\_\_\_\_ believe it. He probably just (i) \_\_\_\_\_ like sport.

## Phrasal verbs

4 Combine a verb from box A with a preposition from box B to complete each sentence below. You may need to change the verb form.

**A**

give   go   pick   switch   use   work

**B**

off   out   through   up   up   up

- a Please can you \_\_\_\_\_ your mobile phones before the presentation begins?
- b After a long day at the office, I like to \_\_\_\_\_ at the gym before I go home.
- c I want to \_\_\_\_\_ smoking because I know it's bad for my health.
- d The taxi \_\_\_\_\_ me \_\_\_\_\_ every morning at half past nine.
- e I don't want to \_\_\_\_\_ all my energy doing strenuous exercise.
- f She \_\_\_\_\_ her correspondence with her secretary every morning.