

**Exercise 1:** Complete this article in a health magazine. Use the gerund form of the following verbs.

**go sit waste run dance lift do take exercise meet**

### Kick up Your Heels!

In recent years, 1) \_\_\_\_\_ has become a very popular way to stay in shape. In addition to its health benefits, it also has social advantages. "I enjoy (2 \_\_\_\_\_ out and 3) \_\_\_\_\_ new people," says Diana Romero, a 28-year-old word processor. 4) "\_\_\_\_\_ all day at a computer isn't healthy. After work I need to move." And Diana isn't alone on the dance floor. Many people who dislike 5) \_\_\_\_\_, 6) \_\_\_\_\_ weights, or 7) \_\_\_\_\_ sit-ups are swaying to the beat of the swing, salsa, and rumba. So, if you are looking for an enjoyable way to build muscles and friendships, consider 8) \_\_\_\_\_ a spin on one of the many studio dance floors that are opening up in cities across the country. 9) "\_\_\_\_\_ can be fun," says Sandra Carrone, owner of Studio Two-Step. So, quit 10) \_\_\_\_\_ time, grab a partner, and kick up your heels!

**Exercise 2: Directions:** Look at the results of the questionnaire on four people's likes and dislikes. Then

complete the sentences below with appropriate gerunds. **Key:**  = enjoy, **OK** = don't mind,  = dislike

|                 | Alex                                                                                | Javier                                                                              | Kate                                                                                | Vanessa                                                                               |
|-----------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 1. dance        |  |  |  |  |
| 2. walk         |  |  |  |  |
| 3. do sit-ups   |  |  |  |  |
| 4. play tennis  |  | OK                                                                                  |  |  |
| 5. jog          |  |  | OK                                                                                  |  |
| 6. lift weights | OK                                                                                  | OK                                                                                  |  |  |

- Javier is the only one who enjoys \_\_\_\_\_.
- Kate doesn't like \_\_\_\_\_, but Alex doesn't mind it.
- Kate really enjoys \_\_\_\_\_, but both Vanessa and Alex dislike it.
- Alex enjoys \_\_\_\_\_, but Vanessa dislikes it.
- \_\_\_\_\_ is the activity that people most disliked.
- Half of the people don't mind \_\_\_\_\_.
- \_\_\_\_\_ is an activity that half of the people enjoy.
- \_\_\_\_\_ is the only activity that all four enjoy.
- Alex and Kate are going to go \_\_\_\_\_ together at the Two-Step Studio. They both enjoy it.
- Kate doesn't mind \_\_\_\_\_.
- Alex and Vanessa dislike \_\_\_\_\_ tennis.
- They also dislike \_\_\_\_\_ sit-ups.