READING PART 6

Health, medicine and exercise

1a **Complete the short conversations using the correct auxiliary verb.**

1. **A:** When ..... you start going running regularly?
   B: About two years ago.
2. **A:** What ..... these machines used for?
   B: They measure how fast your heart is beating.
3. **A:** How often ..... Helen go swimming these days?
   B: Three or four times a week.
4. **A:** How long ..... you had that bike?
   B: About three months.
5. **A:** Where ..... football first played?
   B: Some people think it was in the UK, others think it was in China.
6. **A:** When ..... you usually have lunch?
   B: At about 1 o'clock.
7. **A:** Unfortunately, two players ..... injured during the match.
   B: Oh no!
8. **A:** Keith ..... lost a lot of weight recently.
   B: Yes, about 10kg.

1b **Use a word from the box to complete the sentences below.**

diet	blood	patient	temperature
prescription	gym	rest	stress

1. I go to the ..... three times a week to do some exercise.
2. It's important to avoid having lots of ..... in your life if you can.
3. My doctor gave me a ..... and the medicine's making me feel better already.
4. It's amazing how much doctors can find out just by testing a bit of your ..... .
5. I've improved my ..... and now eat things which are much healthier.
6. In my country, doctors only spend about ten minutes with each ..... .
7. I don't feel well – I've got a high ..... and a headache.
8. The doctor told me to get plenty of ..... and to drink lots of water.



LIVEWORKSHEETS

Exam task

2 For each question, write the correct answer. Write ONE word for each gap.

Getting healthier

I have quite a healthy life these days, but I wasn't always so good! A few months **(1)** ....., I realised that I needed to change my habits. I **(2)** ..... spending too much time online and not eating well. I decided to do something **(3)** ..... it.

The first thing I changed was my diet. My parents have always provided me with healthy meals, but I often ate unhealthy snacks like crisps and sweets in **(4)** ..... meals. I stopped doing this and immediately lost some weight. Then I started to do more exercise. **(5)** ..... of sitting at my laptop all evening, I went out for a short run. I ran a little further each week and feel so much better now! I also realised that I wasn't getting **(6)** ..... sleep because of staying up late surfing the internet. I've also decided to limit my time online. All this goes to show – anyone can change!



LIVEWORKSHEETS