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Whenever I feel the need to exercise,
I lie down until it goes away.
Paul Terry, American animator

10B A good sport

1 LEXIS IN CONTEXT

Battle of the workouts

Look at the Lexis in Context on Student's Book p.99. Then complete the words connected with the body and exercise.

1 The swimmer filled her l*ungs* with air before she dived into the pool.
2 I've started doing **s**_____**-u**_____ every morning to strengthen my stomach muscles.
3 Cyclists usually have very muscular **th**_____.
4 Some experts now say that just three minutes of **v**_____ exercise a week is enough to improve your fitness.
5 She went to see a doctor about a chronic pain in the lower area of her **sp**_____.
6 My brother is in **tr**_____ to participate in next year's London Marathon.
7 After taking up yoga, she noticed she had more **fl**_____ in her joints.
8 The trainer makes the players do ten **pr**_____-**u**_____ if they miss football practice.
9 You should warm up and **st**_____ your muscles before playing sport.
10 Many people focus on their arms and legs in the gym, but I try to strengthen my **tr**_____ as well.

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2 VOCABULARY

word building: adjectives, nouns, and verbs

Complete the sentences with the correct form of the words in brackets.

1 She added some flour to *thicken* the sauce. (thick)
2 My son is now the same _____ as me! (high)
3 The builders need to _____ the ground before they can build the new car park. (flat)
4 The sleeves of my new jacket are too long. Can you _____ them for me? (short)
5 My grandmother can't walk very far – she has no _____ in her legs. (strong)
6 Check the _____ before diving in. (deep)
7 Working so hard for so long _____ his health and finally he fell ill. (weak)
8 This mascara promises to _____ your eyelashes, but I'm not sure I believe it. (long)
9 We measured the _____ of the space before buying a new cupboard. (wide)

3 GRAMMAR relative clauses

a Circle the correct answers. One, two, or three of the answers may be correct. (— = no relative pronoun)

1 The referee showed a red card to the players *that* / *who* / — had been fighting.
2 This is the room *that* / *where* / *which* the players get changed.
3 He only scored two goals last season, both *that* / *of which* / *which* were penalties.
4 She's the model *which* / *who* / *whose* husband plays basketball for the NBA.
5 The surface *where* / *which* / — Spanish tennis players like best is clay.
6 We lost the final 3-2, *that* / *which* / — was a shame.

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7 That's the match *that / which /* — I saw live at their stadium.
8 Our coach doesn't know *that / what / which* is wrong with our best player.
9 My sister, *that / who /* — once played hockey for England, has recently qualified as a P.E. teacher.
10 The woman *who / whom / to whom* he dedicated the goal is his new girlfriend.

b Join the sentences using a relative pronoun if necessary and the right punctuation if it is a non-defining relative clause.

1 A friend gave us the tickets. He couldn't go to the match.
The friend *who gave us the tickets couldn't go to the match* .
2 My cousin is a cross-country runner. He has been given a scholarship by an American university.
My cousin _____.
3 There's been a frost. This means that the match will probably be cancelled.
There _____.
4 Our team has two goalkeepers. Neither of them can play next weekend.
Our team _____.
5 I've only had these trainers for a week. They've broken already.
These trainers _____.
6 We spoke to a steward. He directed us to our seats.
We _____.
7 I bought a new racket for my son. It wasn't very expensive.
The racket _____.
8 The showers are very rarely cleaned. Many of them do not work properly.
The showers _____.

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The truth about exercise?

I am comfortably seated by the fire in the tearoom of Brown's Hotel in London when a bundle of energy comes to a halt at my side. Enter Michael Mosley, the BBC's most valuable communicator of complex scientific ideas. We're here to discuss his latest theory: that three minutes of vigorous exercise a week is enough to keep you healthy; and that, generally speaking, exercise contributes very little to weight loss.

[1] ____ He launches into an explanation of why diets generally fail. 'It's not that people are weak-willed. It's pretty easy to lose weight quickly on a strict diet, but then the body conspires against you. Fear of starvation is a basic instinct. As you lose weight your metabolic rate slows. Your body encourages you to conserve calories by moving less. The brain tells the nerve cells in your intestine that you're hungry. Thus, 95 per cent of diets fail.'

[2] ____ 'Not so. We grossly underestimate the amount of time you need to burn calories. If you cycle steadily for an hour you'll burn 500 calories. That's one muffin. You'd have to cycle from Nottingham to Leeds – 78 miles – to burn a pound of fat, and one experiment in the USA showed that even thinking about exercise triggers the hormonal response that makes you want to eat.'

[3] ____ Putting weight loss aside, can just three minutes of exercise a week really be as useful as three hours on the treadmill? The answer lies, it seems, in the acronym HIT. It stands for High-Intensity Interval Training, and research suggests that this short-burst approach is highly effective.

[4] ____ 'But if we move around, we activate a protein which takes fat out of the bloodstream and transfers it to the muscles, where it can be burnt.'

[5] ____ 'What studies are showing is that keeping active is the answer to many problems,' he says. The HIT approach, combined with gentler exercise such as walking from room to room, will do the trick.

[6] ____ Mosley isn't at all worried about the damaging impact this research could have on the gym and dieting industries. He heads off to the station at a smart pace. I pay the bill and catch a cab. Must do better!

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b Six sentences and paragraphs have been removed from the article. Read it again and match A–G to the gaps 1–6. There is one sentence or paragraph you do not need to use.

A So that's the problem with exercising at the gym. You walk briskly on the treadmill for 30 minutes (200 calories). You then have a congratulatory muffin. You've burnt 200 calories and consumed 500. It doesn't compute.

B I'm still unconvinced that a mere three minutes' vigorous exercise a week can control our fitness, predict our future health and prevent common diseases, but Mosley has no doubts.

C So, if diets tend not to work, what about exercise? Surely regular visits to a gym – 20 minutes on the bike or running machine, two or three times a week – will do the trick?

D The 54-year-old graduated in Philosophy, Politics and Economics from Oxford University and spent a couple of years in banking, following, one assumes, in the footsteps of his banker father. He, though, changed direction.

E I order tea for both of us first and then begin my questioning. I start by asking Mosley to what extent a change in eating habits can improve one's health.

F Mosley explains that he keeps moving by getting up and walking around every hour when he's working at his desk. He cycles a mile and a half to the station every day, building a minute of HIT into his trip, and takes the stairs instead of the lift.

G 'Scientists are looking at what's required for good health. And it's inactivity that causes the problems of fat around the organs and the metabolic problems that lead to diabetes. The average person sits for 12 to 14 hours a day.'

LIVEWORKSHEETS