



These pictures show people exercising in different ways. Compare the photographs and say what the advantages are of each type of exercise.

Read the model answer and complete the multiple-choice exercise.

1 ____ pictures show people exercising in different ways. In the first picture, there is a man at home. He is sitting on the floor and appears to be ____ 2 yoga. There is a laptop open on the floor in front of him, and he might be following an online yoga class. ____ 3, the second picture shows a woman at the gym. She is working ____ 4 on an exercise bike and there is a personal trainer ____ 5. It looks like he is timing her.

There are definitely advantages to both ways of exercising. If you follow a class from home, it's possible to do your exercise when it ____ 6 you. This means you can't ____ 7 any excuses about exercise not being convenient. It is also less time-consuming and maybe even less expensive than going to a gym. But working out at the gym with a trainer or in a group class is much more motivating than exercising at home. You have to work harder, and you get a ____ 8 of scene and some social interaction at the same time!

1. A. Both	B. Each	C. This	D. Two
2. A. sitting	B. doing	C. making	D. going
3. A. Despite	B. Moreover	C. Whatever	D. However
4. A. it	B. off	C. on	D. out
5. A. keeping	B. watching	C. looking	D. seeing
6. A. helps	B. suits	C. wishes	D. works
7. A. make	B. be	C. do	D. take
8. A. difference	B. new	C. change	D. type