



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!

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|------------------|-------------|-------------|------------|
| 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 |