SECTION 2

45 Health and exercise

Complete the three parts of this story with an appropriate word or expression from the boxes. In some cases, more than one answer is possible. There is an example at the beginning (0).

Part 1

balanced diet	took up	overweight	give up	cancer
sedentary	get fit	junk food	look after	diseases
~~unhealthy~~	active	heart attacks		

My doctor told me I was very (0) *unhealthy* and that I didn't (1) _____ myself. For a start, I was (2) _____ by about twenty kilogrammes. He said I was a couch potato and needed to change my (3) _____ lifestyle. He also told me about the benefits of leading a more (4) _____ lifestyle. He stressed the importance of sticking to a (5) _____ and insisted that I shouldn't eat so much (6) _____ from fast-food restaurants. In addition, he strongly advised me to (7) _____ smoking. He described to me the horrors of fatal (8) _____ such as (9) _____ and (10) _____. He advised me to (11) _____ and suggested I (12) _____ some exercise.

Part 2

keep fit	fatty	sports centre	fibre	cut down on	tracksuit
health club	jogging	trainers	carbohydrates	swimming	

Anyway, I bought myself a (13) _____ and a pair of (14) _____. I started going to a (15) _____ where I went (16) _____ and (17) _____. I also started doing some (18) _____ exercises such as aerobics. I then joined a (19) _____ where I had the use of a sauna and got some good advice from a dietitian. I (20) _____

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unhealthy foods – those which were (21) _____, such as meat, or full of (22) _____ and sugar, like cakes and biscuits – and made sure I consumed more (23) _____.

Part 3

overdid	broke	shape	slim	twisted	muscles
weight	cleared up	sprained			

To my delight, I lost (24) _____ and became (25) _____ for the first time in my life. I developed (26) _____ in places I didn't realize I could develop them. And my skin problems (27) _____. Unfortunately, one day I (28) _____ it: I fell off my exercise bike, (29) _____ my ankle, (30) _____ my wrist and (31) _____ two ribs!

Somehow, I don't think that two weeks of lying in bed and eating hospital food will keep me in good (32) _____!



In the exam ...

You might be asked to describe different ways of getting fit or staying healthy. You may have to describe different sorts of exercise that we can take to get fit, or the sort of food we should and shouldn't eat. In the Writing Paper, you might have to write a report describing or recommending a health club or sports centre, or an article recommending a healthier lifestyle.

See also: Test 43 Sport
Test 46 Food

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