

# 45 Health and exercise

SECTION 2

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) \_\_\_\_\_

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