THE FITTEST PERSON IN MY FAMILY

Read the article and tick (✓) the sports that are mentioned.

1 baseball	4 running	7 snowboarding
2 cycling	5 skateboarding	8 surfing
3 football	6 skating	9 swimming



My cousin Alex is 18 years old. She runs three kilometres every
morning before school, she cycles to school, she swims in the school swimming pool at lunchtime and then she cycles home after school. Can you believe it?

That's not all! On Saturdays she enters races. These are special events called 'triathlons'. In triathlons, the athletes have to swim, cycle and run a very long way. Alex is very good at triathlons. Last year, she won six events, finished second three times and third four times. Alex wants to be in the Olympics when she's older.

Do you want to keep fit? Alex has lots of good advice. 'Don't think about it, don't talk about it, just do it. Oh, and don't do any exercise on Sundays. Have a rest that day. I always do. It's very important to have a rest.'

I'd like to be as fit as Alex but I can't run fast and I'm not good at swimming. However, I am good at skateboarding. Maybe I'll go to the Olympics … but only to watch my cousin!

What does Alex do every morning before school?

A. Takes the bus
B. Sleeps in
C. Runs 3 kilometers

How does Alex get to and from school?

A. By car
B. By cycling
C. By walking

What advice does Alex give for staying fit?

A. Talk about your workout plans often.
B. Exercise every single day, even Sundays.
C. Take action and don't overthink it. Rest on Sundays.

What is Alex's goal?

A. To become a professional athlete
B. To compete in the Olympics
C. To become a swimming coach

What is the narrator good at?

A. Running fast
B. Swimming
C. Skateboarding

LIVEWORKSHEETS