

Vocabulary

Fitness

- 3 Complete the advertisement with the correct form of the words and phrases in the box.

fitness app manageable targets metabolic rate
motivated nutritional information personal trainer
~~put on~~ rigorous training programme tone up

Discover a new you with Jutrain

Are you feeling unfit? Have you been steadily ¹ putting on weight over the holiday season? Perhaps you need to ² _____ your muscles?

Jutrain offers the complete training and weight loss programme, at an affordable price. This ³ _____ is different from all the others out there, as it offers all the services other apps offer for a one-off payment. No monthly subscription fees or in-app purchases.

When you start using Jutrain, we'll ask you to complete a comprehensive questionnaire and record your exercise and the ⁴ _____ about what you eat. From this, we'll work out information such as your optimum time for exercise, your ⁵ _____, and recommended daily calorie intake. We'll then put you in contact with a real ⁶ _____ (yes, an actual human being!) who will set you ⁷ _____ based on what you're ⁸ _____ by.

Or, if you want to go that extra mile (or miles), he/she can put you through a ⁹ _____ in order to reach your full potential. So what are you waiting for? Download Jutrain today, and say hello to leaner, fitter, healthier you!

Grammar

Patterns with comparatives and superlatives

4a Complete the text with the correct form of the adjective in brackets.

Summer hazards

For city dwellers in the summer months, the ¹ hotter (hot) it gets, the ² _____ (great) the danger from air pollution. But did you know that eating strawberries is one of ³ _____ (easy) ways of resisting air pollution? They are rich in pollution-busting ellagic acid ... and what could be ⁴ _____ (nice) than a delicious bowl of strawberries on a hot summer's day? There's nothing ⁵ _____ (bad) than an attack of sunburn ... so no one should go out into the sun without plenty of factor 30. But the more fruit and vegetables you eat – particularly mangos, sweet potatoes, carrots and apricots – the ⁶ _____ (resistant) your skin becomes to the sun's harmful rays. And ⁷ _____ (good) thing about this form of sun protection is that it tastes a lot ⁸ _____ (good) than sun cream, too! What could be ⁹ _____ (good) for cooling off than an afternoon at the swimming pool? But be careful – the more time you spend in the water, the ¹⁰ _____ (likely) it is that you'll be exposed to water-borne bacteria, which can cause ear and throat infections. If you're in and out of the swimming pool every few minutes, Xylitol, a natural sweetener from a birch tree, is among ¹¹ _____ (effective) protectors – and you can buy it in chewing-gum form – so the more you chew, ¹² _____ (healthy) you'll be!