2 **Read Finn's text and complete it with phrases a–f. Then watch the video from 0:11–0:27 and check your answers.**

Often it's _____ [1] a time to exercise _____ [2] a full-time job. Lots of my friends _____ [3] but I _____ [4] running outside _____ [5]. How about you? What _____ [6] to keep fit?

3 **Look at the people in the pictures and read the sentences. Two sentences are true and one is false. Then watch the video from 0:28–3:15. Tick (✓) the true sentences and cross (✗) the false one. Watch the video again if necessary.**



1 She works full time. ☐
2 She'd like to learn to play tennis properly. ☐
3 She doesn't eat much chocolate. ☐



1 He walks a lot. ☐
2 He's joined a rowing club. ☐
3 He eats a lot of healthy food. ☐



1 She works outside. ☐
2 She'd like to start dancing again. ☐
3 She never eats fast food. ☐

4 ***What do they do to keep fit?*** **Watch the video from 0:28–1:40 and number sentences a–f in the order you hear them, 1–6.**

a) And I go to the gym more or less three to four times a week. ☐
b) I dance, and I do yoga and I just try to be as active as possible. ☐
c) I go to the gym quite regularly. ☐
d) I can spend eight or 12 hours doing foot patrol, walking round the streets of London. ☐
e) The main thing I do is I practise yoga. ☐
f) I do try to keep fit – going to the gym, yoga classes, pilates classes. ☐

Glossary: foot patrol = police officers walking around to protect people in the streets

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5 ***What other things would they like to do to keep fit?*** **Look at the people below and read their answers. Then watch the video and match the people to the correct answers.**

Glossary: *swing dancing* = 1940s jazz dancing
rock climb = the sport of climbing mountains/rocks











1 She'd like to learn rock climbing. ☐
2 Swing dancing because it's a good way to meet people. ☐
3 He'd like to play a team sport, like hockey. ☐
4 He'd like to start rowing but it's too expensive and he doesn't have time to do it. ☐
5 She'd like to play tennis properly. ☐

6 ***Do they do anything that isn't very healthy?*** **Look at the people in Exercise 5 again and read the two sentences about each of them below. One sentence is true and the other is false. Watch the video from 2:29–3:16 and tick the true sentences.**

A 1 He likes eating cheese. ☐
2 He loves desserts. ☐

B 1 She thinks she eats too much chocolate. ☐
2 She loves chocolate but doesn't eat it much. ☐

C 1 She's quite unhealthy. ☐
2 She doesn't eat meat or drink coffee. ☐

D 1 He likes making cakes. ☐
2 He doesn't eat unhealthy food. ☐

E 1 She doesn't drink much water. ☐
2 She eats a lot of fast food. ☐

Glossary: *shift work* = to work different hours every week

7 **THE WAY WE SPEAK: Look at the people below and read what they say. Then watch the video from 0:28–2:29. Complete the sentences with the words in the box.**






1 And I ___ *vatch what I eat.*
2 I have quite a *hectic lifestyle* as a musician but I do try to _____ fit.
3 I really enjoy, sort of, the _____ aspect of sport. Particularly I think I'd like to *get into* hockey.
4 I have a bit of a *sweet tooth*. I love _____ and I love to eat sweet things.
5 When I was at university, I got quite *into* swing dancing, which is very like jive, 1940s jazz _____.
6 I'd quite like to *take* that *up* again because it's an easy way of _____ fit.

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