

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 _____ 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 (X) 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

- 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.

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- 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. | <input type="checkbox"/> |
| | 2 He loves desserts. | <input type="checkbox"/> |
| B | 1 She thinks she eats too much chocolate. | <input type="checkbox"/> |
| | 2 She loves chocolate but doesn't eat it much. | <input type="checkbox"/> |
| C | 1 She's quite unhealthy. | <input type="checkbox"/> |
| | 2 She doesn't eat meat or drink coffee. | <input type="checkbox"/> |
| D | 1 He likes making cakes. | <input type="checkbox"/> |
| | 2 He doesn't eat unhealthy food. | <input type="checkbox"/> |
| E | 1 She doesn't drink much water. | <input type="checkbox"/> |
| | 2 She eats a lot of fast food. | <input type="checkbox"/> |

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 ____ watch 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.