

So if you are one of those people who hasn't found the perfect physical activity yet, here are some things to think about which might help you make the right decision for you. The first question to ask yourself is whether you would enjoy \_\_\_\_\_ in a gym. Many people are put off by the idea of having to fit a visit to the gym into their busy day. You often have to go very early or late as some gyms can get very crowded **but with training you'll see a \_\_\_\_\_ difference in a relatively \_\_\_\_\_ space of time. (Q11)**

Running has become incredibly popular in recent years. That's probably got a lot to do with the fact **that it's a very \_\_\_\_\_ form of exercise that anyone can run even if you could only run a few \_\_\_\_\_ to begin with (Q12)**. But make sure you get the right shoes. It's worth investing in a high quality pair and they don't come \_\_\_\_\_. Another great thing about running is that you can do it at \_\_\_\_\_ time of day or night. The only thing that may stop you is snow and ice.

Swimming is another really good way to build fitness. **What \_\_\_\_\_ many people is that you can swim in an indoor pool at \_\_\_\_\_ time of year (Q13)**. On the other hand, it can be quite boring or \_\_\_\_\_. It's hard to chat to people while you're swimming lengths.

Cycling has become almost as popular as running in recent years. That's probably because as well as improving their fitness **many people say being out in the fresh air in a park or in the countryside can be \_\_\_\_\_ (Q14)**, provided the \_\_\_\_\_ are right of course. Only fanatics go out in the wind and rain.

Yoga is a good choice for those of you looking for exercise, which focuses on developing both a healthy mind and body. It's a good way of building strength and with the right instructor there's less chance of \_\_\_\_\_ yourself than with other more active sports. But don't expect to find it easy. It can be surprisingly \_\_\_\_\_, especially for people who aren't very flexible. **Getting a personal trainer is a good way to start your fitness program. Obviously there can be \_\_\_\_\_ costs involved. But if you've got someone there to \_\_\_\_\_ you and help you achieve your goals, you're less likely to give up. Make sure you get someone with a recognised qualification though. Or you could do yourself \_\_\_\_\_ damage. (Q15&Q16)**

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Whatever you do, don't join a gym and you're sure you'll make good use of it. So many people \_\_\_\_\_ lots of money by signing up for membership and then hardly ever go. What happens to their good intentions? I don't think people \_\_\_\_\_ stop caring about improving their fitness or decide they have more \_\_\_\_\_ things to do. **I think people lose interest when they don't think they're making enough \_\_\_\_\_ . That's when they give up \_\_\_\_\_ and stop believing they'll ever achieve their goals. Also, what people sometimes don't realize when they start is that it takes a lot of \_\_\_\_\_ and hard work to keep training week after week, and lots of people don't have that kind of \_\_\_\_\_ (Q17&Q18)**. One thing you can do to help yourself is **to set \_\_\_\_\_ goals (Q19)**, be realistic and don't push yourself too far. Some people advise writing goes down but I think it's better to have a flexible approach. **Give yourself a really nice \_\_\_\_\_ every time you reach one of your goals (Q20)** and don't get too upset if you experience setbacks. It's a journey. There are bound to be difficulties along the way.

## SECTION 2

### Questions 11 – 16

What advantage does the speaker mention for each of the following physical activities?

Choose **SIX** answers from the box and write the correct letter, **A-G**, next to Questions 11-16

#### Advantages

**A** not dependent on season

- B enjoyable
- C low risk of injury
- D fitness level unimportant
- E sociable
- F fast results
- G motivating

**Physical activities**

- 11 using a gym .....
- 12 running .....
- 13 swimming .....
- 14 cycling .....
- 15 doing yoga .....
- 16 training with a personal trainer .....

**Questions 17 and 18**

Choose **TWO** letters, **A-E**.

For which **TWO** reasons does the speaker say people give up going to the gym?

- A lack of time
- B loss of confidence
- C too much effort required
- D high costs
- E feeling less successful than others

**Questions 19 and 20**

Choose **TWO** letters, **A-E**.

Which **TWO** pieces of advice does the speaker give for setting goals?

- A write goals down
- B have achievable aims
- C set a time limit
- D give yourself rewards
- E challenge yourself