

VOCABULARY 1

Leisure activities

1 **Read the text and decide which answer (A, B, C or D) best fits each space.**

It is now generally recognised that stress is a major (1) ...C..... of heart disease, and contributes to many other illnesses. Stress is increased by (2) ..... such as worry, overwork and lack of exercise or relaxation. For it is just as important from a psychological point of (3) ..... to relax as it is to (4) ..... physical exercise. Relaxing does not necessarily mean just lazing about and doing nothing. The benefits of a weekend away or the diversion of sporting activities are considerable. If you are suffering from high stress (5) ..... , or wish to (6) ..... after a trying day, it is generally advisable to have a change of (7) ..... . Although there are some individuals who (8) ..... on stress, for most of us, it can lead to exhaustion, mood swings and even severe depression.

1) A reason	B motive	C cause	D purpose
2) A factors	B aspects	C elements	D items
3) A fact	B departure	C view	D return
4) A make	B have	C undergo	D take
5) A rates	B layers	C ratios	D levels
6) A hold up	B wind down	C draw back	D peter out
7) A scene	B location	C sight	D place
8) A bloom	B prosper	C thrive	D flourish

2 **Choose two items from the box which are used in each activity (a–h).**

rod flippers goggles ~~horse~~ helmet lens hammer rucksack armbands spanner bait mask tripod pump compass ~~bars~~

a) Gymnastics	horse.....	bars.....
b) Scuba Diving	.....	.....
c) Fishing	.....	.....
d) Walking	.....	.....
e) Photography	.....	.....
f) Do-It-Yourself	.....	.....
g) Swimming	.....	.....
h) Cycling	.....	.....

LIVEWORKSHEETS