

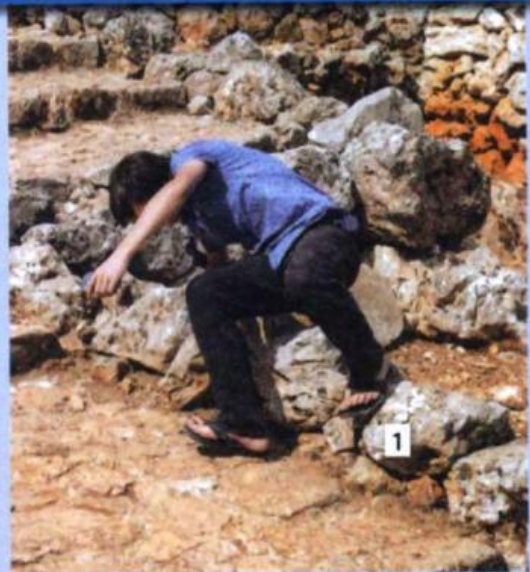
10 Physical movement

A Ways of moving

It was a nice day so we decided to **go for a stroll**.
 I just spent the day **wandering** around town.
 We were **hiking** in the countryside, and I **stumbled** on a rocky bit of path.
 The soldiers **marched** along the street.
 The police **charged** across the square towards the protesters.
 I **rushed** to catch my train.
 Two policemen **chased** the robber across the park.
 I **ran flat out** to get home before the others.

GLOSSARY

stroll	a slow, relaxed walk: go for a stroll; stroll v
wander (around/about)	walk somewhere slowly, often without any particular aim or in any particular direction
hike	walk a long way in the country: go hiking
stumble (over/on sth)	hit your foot against sth when you are walking or running and almost fall over trip (over)
march	walk fairly quickly with regular steps (like a soldier)
charge	run straight at sb/sth in a noisy or aggressive way
rush	move or do sth at great speed, usually for an important reason or because you are late for sth
chase	run after sb/sth in order to catch them run after sb/sth



SPOTLIGHT Idioms and phrasal verbs with run

- run flat out** run as fast as you can
run off with sth take or steal sth:
 ■ The thief **ran off with** my handbag.
run sb/sth over hit sb/sth with a vehicle:
 ■ I **ran over** the child's toy.
run away escape from somewhere:
 ■ The boy threw a stone then **ran away**.

1 Answer the questions.

- Who often marches?
- Who might run off with something?
- Who might chase after people?
- What animals sometimes charge at people?
- Why do people rush?
- Why do people trip over things?
- Why do people wander around?
- Where do people go hiking?

2 Correct any mistakes in the underlined verbs. Be careful: the answer may be correct.

- We often go chasing in the countryside at the weekend.
- About 100 angry demonstrators stumbled down the street.
- The car appeared suddenly, so I had to stroll across the road.
- I tripped over and hurt my ankle.
- He was terribly upset when he marched over the cat.
- My dog loves to charge rabbits.
- It was a very hot humid day so we just ran flat out through the park.
- The teenager ran away because she was unhappy living at home.

3 Complete the sentences.

- When Jordan heard about his brother's accident, he to the hospital.
- I and fell into some long wet grass.
- We had lots of time so we decided to go for a
- They broke into the shop then with the money across the park.
- The police car was a black BMW through the streets at great speed.
- My train was just leaving, and I had to run to catch it.
- We had nothing to do so we just around for a couple of hours.



TEST YOURSELF

B Physical exercise

My 20-minute workout

I'm not as **agile** as I used to be, and I was beginning to feel quite **stiff** early in the morning, so I asked a friend to **devise** a workout routine for me. First I **warm up** with some **stretching**¹ and **bending**, then I go on to more **demanding** activities, like **press-ups**² to **strengthen** my muscles. But the key for me is variety: I like a **constant** change of activity to stay **motivated**. It's also **vital** that you finish by **warming down** with fairly gentle activities.



GLOSSARY

workout	a period of physical exercise you do to keep fit work out v
agile	able to move quickly and easily agility n
stiff	feeling some pain, and unable to move easily
devise	invent a method or plan of doing sth SYN think sth up
warm up	do physical activities to prepare the muscles for exercise OPP warm down
bend	move your body forwards and downwards bent adj
demanding	(used about a task) needing a lot of effort or skill
constant	happening or existing all the time or again and again
motivated	wanting to do sth badly, often for a reason motivation n
vital	extremely important SYN essential , crucial

SPOTLIGHT verbs with -en

You can add **-(e)n** to a few nouns and some adjectives to form verbs.

- I want to **strengthen** my arms. (= make them stronger)
- They plan to **widen** the road. (= make it wider)
- The illness has **weakened** him. (= made him weaker)

- 4 Put these words in three groups according to the pronunciation of the letter 'i'. Use the APP to help you.

stiff agile agility crucial motivated devise demanding widen essential vital

- 5 Circle the correct answer(s). Sometimes both answers are correct.

- 1 I worked in the garden yesterday, so I feel a bit **stiff** / **demanding** today.
- 2 It's easier to touch your toes if you **stretch** / **bend** your knees.
- 3 It's **vital** / **crucial** that you do exercises that are suitable for you.
- 4 You should warm **up** / **down** when you have finished your exercises.
- 5 My brother **thought up** / **devised** this new training method last year.
- 6 I can reach the ceiling if I **stretch** / **bend** my arms.
- 7 I do a short **workout** / **press-up** every morning.
- 8 I can't do certain activities because I'm not **demanding** / **agile** enough.

- 6 Complete the sentences.

- 1 I couldn't finish my exercises because of the _____ phone calls I was getting.
- 2 I want to _____ a way of doing more exercise during my working day.
- 3 If I _____ forwards quickly, I get a bit of a pain in my back.
- 4 My brother does 30 _____ every day. He wants to stay fit so is very _____.
- 5 You must do this exercise with your knees _____, not straight.
- 6 I've got a bad knee so I need to _____ the muscles to give my knee more support.
- 7 My brother usually _____ in the gym two or three times a week.
- 8 The problem is that a lot of people don't have the _____ to exercise regularly.
- 9 I want to run a marathon next year, but I know it will be very _____.
- 10 I had much more _____ when I was younger. Now I feel stiff when I get up.



TEST YOURSELF