

SECTION 2 Questions 11–20

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

Test 3

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