PASSAGE 27

Tra ID Đề [5922] - Tra ID Video [5923]

I know that many people, myself included, each year make a promise to themselves to get fit and slim, join a gym and start a diet. But what happens to these gym visits and the lettuce diet? At least half of US who try to get fit and thinner give up after less than a month. Many people seem to blame their failure on lack of time. Lack of willpower is even more important, though.

Much of this has to do with the fact that we set unrealistic fitness goals like a flat stomach in eight weeks or celebrity diet plans - instead of doing what we know will have the best results in the long term: exercising a bit more and eating a bit less. Most fitness clubs get many new members from January to March, but their use of the gym tends to decline after that. So how can someone beat the **temptation** to give up? No one should expect to fail as soon as they start; we must stay positive, even if we've failed before.

You also need to change the way you think about things. Women, for example, feel particularly **guilty** about exercising two or three hours a week, thinking this is 'selfish time' that takes them away from responsibilities to family and friends. But it is much better to see this as vital 'self-care' time. Many people also think that three hours is a lot of time out of their ordinary week, but as we spend around 98 hours a week awake, that leaves US nearly 95 hours to do everything else that we need to do.

Question 1: What is the main idea of the passage?

A. How gyms operate and attract new members

B. Common reasons why people fail to keep their fitness goals

C. The best diet plans to achieve a flat stomach

D. The selfishness of spending time at the gym

Question 2: According to the passage, what is one common reason people fail to stick with fitness plans?

A. They cannot find a gym that fits their needs.

B. They set unrealistic fitness goals.

C. They do not like lettuce or vegetables.

D. They cannot afford a gym membership.

Question 3: The word "**temptation**" in the passage is closest in meaning to _____.

A. desire B. motivation C. weakness D. process

Question 4: According to the passage, what factor is the most important in getting fit?

A. lettuce diet B. time C. willpower D. celebrity

Question 5: What can be inferred about the author's view on “celebrity diet plans”?

A. The author believes they are impractical for most people.

B. The author suggests they are the best method to stay fit.

C. The author views them as inspiring for setting goals.

D. The author doesn’t believe they are widely popular.

Question 6: The word "**guilty**" in the passage is opposite in meaning to.

A. depressed B. anxious C. illegal D. innocent

LIVEWORKSHEETS