

DAILY LIFE - READING

1. Read the text. Then complete the exercise .

How to have a great day every day

Many people want to know how to work harder and feel better. How can you have a great day at school or at the office? A good daily routine can help you to have a great day *every* day.

A Get up early

Many people want to stay in bed in the morning, but it is best to get up before 7:00 a.m. If you start working or studying early, you will have more ideas and you will be able to work faster. Many well-known writers and musicians from the past believed that it was important to get up early – and to go to bed early too. You should also try to get up at the same time every day, because this is good for your body and brain.

B Eat breakfast

Breakfast is the most important meal of the day. People often say that they don't have time to eat breakfast, but they will find it more difficult to start work, and they will soon feel very hungry. A healthy meal of toast, eggs, and fruit juice will help you to work well all morning – and stop you from eating unhealthy food like crisps and chocolate later in the morning!

C Go for a walk

If you usually spend a lot of time in your office or in the classroom, it is very important to go outside and get some fresh air. If you spend just 30 minutes a day walking outside, you will feel less tired and you will be able to do more when you get back to work or school. A walk in the park every day will make you feel much healthier and will help you to do your best work.

Choose the correct paragraph to match the information. Read the text on the first screen again to help you.

1. A lot of people don't have time to do this.
2. This will stop you from feeling tired.
3. This will stop you from eating food that is bad for you.
4. In the past, famous people thought that this was a good idea.
5. You should do this at the same time every day.
6. Many people don't want to do this.

2. Read the text about professional swimmer Michael Daley's day. Then complete the exercise.

I usually get up at around 6:00 a.m. Before I became a professional swimmer, I got up late most days, but I don't ever stay in bed now, even on Sundays! I always go to the gym in the mornings. I spend about 30 minutes on the running machine, and then another 30 minutes doing other exercises. It is very important for me to stay fit and healthy. I only spend two hours at the gym when I have a big swimming competition. I get home from the gym at about 8:00 a.m., have a shower and get dressed. I always have a big breakfast of cereal with banana, toast, eggs, coffee and orange juice. Breakfast is the most important meal of the day for me because I do a lot of swimming every day. After breakfast, I go for a long walk in the park near my house. The exercise helps me to relax and feel prepared for the rest of the day.

Then it's time for me to start work. From 10:00 a.m. until 1:00 p.m. I normally go to the swimming pool and train for two hours with my personal trainer. I swim about five kilometres, and practise diving. After my training, I usually have a meeting with my trainer to talk about how well I'm doing and what I still need to work on. I sometimes have lunch at the pool cafe with my trainer, but if I have a television interview, I'll walk over to the TV studio. All my friends think that it's exciting to be on television, but it takes a long time to film, so it can be a bit boring. It's not difficult to do TV interviews, but it takes a long time to get ready. At home, it takes me about 20 minutes to have a shower, get dressed and do my hair, or maybe half an hour if I'm going somewhere special, but at the TV studio it takes an hour! If I have a big competition coming up, then I do more training in the afternoon, or have more meetings with my trainer.

In the evenings, I usually relax at home with my wife, Emma. I quite enjoy cooking, so we often eat at home together. Emma hated my cooking at first, but now she thinks it's OK. Her father is a chef at a top restaurant, so she loves good food. We sometimes go to a restaurant for dinner. We both love Korean food, and there's a great place near my house. I never eat fast food like burgers and kebabs, or my trainer will get angry with me. Then Emma and I usually watch a film on television. We both love comedy films, and Emma also likes romantic films, but I'm not a big fan – I prefer action films. I usually go to bed at 10:00 p.m. because I need to be back in the gym by 7:00 a.m. the next day!

Choose the correct answers. Read the text on the first screen again to help you.

1. When does Michael get up late now?
2. Michael usually exercises at the gym for
3. After breakfast, Michael
4. Michael says that TV interviews are sometimes
5. When Michael gets ready at the TV studio, it takes him
6. What does Michael's wife, Emma, think about his cooking now?
7. Michael often eats
8. Both Michael and Emma like watching