

Reading



a. Read the summary of having a healthy life. Match the paragraphs to the correct headings.

A Exercising properly!

B Stop thinking too much!

C Knowledge first!

1 ☐

Physical activities are beneficial for staying fit, but it's important not to become addicted to any particular kinds of exercise. You need to find an activity that suits you and arrange your time to do it consistently in the long run. If you take up tennis despite hating sports, you will likely lose interest quickly and give up.

2 ☐

It's not difficult to have a healthy life if you have the right information about it. Don't just follow what famous people advertise on TV or the Internet. The best way to understand what is best for your health is to consult a doctor or an expert. For example, one can lose 3 kilograms a month by following a vegetarian diet. However, it doesn't mean you cut out all meat and fish. In fact, it may be suggested you eat less meat and take up more exercise.

3 ☐

Stress is one of the reasons for unexpected weight gain. Simply follow your plan and make changes if it doesn't work for you. It's normal for a method to work for some but not for others. It can be frustrating when you're trying your best for a healthy lifestyle, only to discover that your efforts have negative effects. Feel free to experiment until you find the best method for you.

b. Read the text about gym addiction. Circle the best options.



Today, people seem to focus so much on their physical look that they become addicted 4) _____ going to the gym all the time. It's common that people 5) _____ too much exercise, leaving them feeling exhausted after training. As a consequence, over-exercising makes them run 6) _____ energy needed for the rest of the day.

Moreover, the fact that people 7) _____ too much increases the risk of injury. They easily get muscle pain if they 8) _____ themselves too hard to achieve their health goals.

Another negative aspect is that people spend their limited free time, after a stressful work schedule, 9) _____ at the gym. This may keep them away from their friends and family. It's sad 10) _____ our relationships and other important parts of our lives just to spend too much time at the gym.

- 4 A to
5 A make up
6 A away
7 A work out
8 A push
9 A to exercise
10 A give up

- B for
B take on
B out of
B work on
B pull
B exercises
B to give up

- C about
C make of
C off
C take out
C put
C exercising
C giving up

- D of
D take up
D up on
D take on
D pay
D exercised