

1

FIGHTING FIT

GRAMMAR

1 Tick the correct sentences. Correct those which contain an error.

- 1 I refuse joining a gym – it's too expensive!
- 2 Serge dislikes playing any kind of team game.
- 3 Olympic athletes start training at a very early age.
- 4 I've given up horse riding. I can't risk to fall off at my age!
- 5 Stop to play on the ice! It might break.
- 6 Have you managed to lose any weight yet?
- 7 Many people avoid to eat a lot of red meat.

2 Match the parts of the sentences.

- | | |
|-----------------------------|--|
| 1 Is this exercise supposed | A going to the cinema or the gym? |
| 2 Saira regrets | B eating meals after 8pm. |
| 3 The food in Japan tends | C to eat five portions of fruit or vegetables a day. |
| 4 Are you still able | D not to eat any more sweets! |
| 5 Do you prefer | E to be healthier than in other countries. |
| 6 Everyone should aim | F to touch your toes? |
| 7 You should stop | G to hurt this much? |
| 8 Yes, doctor, I promise | H eating junk food when she was young. |



3 Choose the correct option in these sentences.

- 1 Everyone knows that fruit juice contains a lot of sugar. *Although / Nevertheless*, many people let their children drink it every day.
- 2 *Instead of / While* snacking on biscuits and cake, eat a handful of nuts and seeds. It's much healthier.
- 3 *Despite / Even though* the bad weather, they went ahead with the race.
- 4 *In spite of / Although* he was in pain, Fabio finished the marathon.
- 5 It can be challenging to follow a healthy diet. *However / Whereas*, it is worth it in the long run.
- 6 You should go for a walk after dinner *despite / rather than* sitting on the sofa and watching TV.

4 Read this extract from an email a woman has written to her local government representative. Fill in the gaps with the linking words and phrases from the box. Add capital letters to the words if necessary.

whereas despite however instead of
although unlike in the past

I am a local resident concerned about the health of our children. I don't think local government is doing enough to protect the younger generation. (1) _____ the fact that the government recommends children eat healthy food, there are eight or nine fast food restaurants in our town! (2) _____, there are still no restaurants which focus on home-cooked, healthy meals at affordable prices. Another problem is the lack of exercise facilities. (3) _____ there are several gyms, they are not open to children under the age of 16. (4) _____ making these facilities available to adults only, gyms could be encouraged to welcome children at certain times. Our local parks used to be a great place for children to play sports with their friends. (5) _____, they are not being maintained properly so it is not a good environment for them. There used to be a team of gardeners and maintenance staff, (6) _____ now there is only one person looking after all the parks. I suggest we make improvements to our town to give our children a healthier future.

VOCABULARY

Complete the second sentence with a phrase from Unit 1 of the Student's book so that it has a similar meaning to the first sentence. Use between two and five words for each sentence, including the word in bold.

- 1 It is important to monitor how you're doing.
KEEP
Always try to _____ your progress.
- 2 Unfortunately, I just couldn't run as fast as them.
KEEP
Unfortunately, I just couldn't _____ them.
- 3 You should try to reduce the amount of sugar in your diet.
DOWN
It is a good idea to _____ on sugar.
- 4 We weren't sure whether our team would win.
TOUCH
It was _____ whether our team would win.
- 5 I stay fit by running three times a week.
SHAPE
I _____ by running three times a week.

PUSH YOURSELF C1

Read the sentences and use the context to match the underlined words to their meanings.

- 1 I am interested in taking a course in nutrition as I think we all need to watch what we eat.
 - 2 If you are going to run a marathon, you need to improve your stamina.
 - 3 It is important to eat plenty of fruit and vegetables to help your digestion.
 - 4 If you have bad posture, you can suffer from back problems.
 - 5 I think it is important to find a form of exercise that combines both physical and mental well-being.
- A** Health and happiness
B Food and the effect it has on health
C The process in which the body breaks down food
D The ability to keep going for a long time
E The way someone sits, stands or holds themselves