UNIT
1 Grammar 2 *Used to* and *would*

A Read the blog post from a fitness website. Circle the correct option (a–c). If options a and b are both possible, choose option c.

Three ways regular exercise changed my life

I've changed a lot in the last five years. I [1]_____ unhealthy and unhappy. I wanted to change my life, but I didn't know how. Then I began to exercise every day. And everything changed. For example, I [2]_____ much time outdoors. Instead, I [3]_____ at home and watch TV in my free time. But now I usually go for a run or a bike ride in the evening. As you can imagine, I'm in much better shape than I [4]_____. I feel much healthier. That is obviously an important change. But there are other, non-physical ways in which regular exercise has changed my life too.

1 Don't give up

People sometimes ask me, 'What is the secret to getting fit?' My answer is always the same: it's not about the latest diet trend. It's not about what kind of exercise you do. The important thing is not to quit. When I first started exercising, exercise was hard. The muscles in my legs [5]_____ like they were burning after a five-minute run. But that didn't last long. One very valuable thing regular exercise taught me is that success or failure depends a lot on how long you do something. It's hard to fail if you never give up. Is there something in your life that [6]_____ impossibly difficult but became much easier over time? I'm sure we can all think of an example.

2 Nothing is impossible

When I [7]_____ adverts that said things like, 'Nothing is impossible,' I [8]_____ to myself, 'That's not true. Lots of things are impossible.' Now I'm not so sure. When I started to exercise every day, I was scared. I was scared that all the pain I was experiencing, all my hard work, would come to nothing. Was it possible to become a different person? The answer was yes. I [9]_____ the goals people set for themselves were either possible or impossible, but now I think about how much time and energy it will realistically require me to reach a goal. That is a very different way of looking at the world, when you think about it.

3 Less stress

I [10]_____ an anxious person. I found life in general quite stressful. Regular exercise changed that. It made me realize that I had more control over my life than I had thought. In a short time, I was able to transform not only my body, but also my mind. In the past, I [11]_____ about things that I found stressful, think about them again and again. After a particularly stressful day, I [12]_____ able to sleep at night. Now I have a way to deal with that anxiety: I just go for a run and forget about everything for a while. Did you know that exercise is a form of mindfulness?

1	a used to be	b would be	c both	**7**	a would see	b used to see	c both
2	a wouldn't spend	b didn't use to spend	c both	**8**	a used to say	b would say	c both
3	a would stay	b used to stay	c both	**9**	a used to believe	b would believe	c both
4	a used to be	b would be	c both	**10**	a would be	b used to be	c both
5	a used to feel	b would feel	c both	**11**	a would obsess	b used to obsess	c both
6	a used to seem	b would seem	c both	**12**	a didn't used to be	b wouldn't be	c both

B Finish the sentences so they are true for you.

- When I was younger, I would often _____
- At weekends, my friends and I used to _____
- When I was a kid, I didn't use to eat a lot of _____
- One embarrassing fashion trend I used to follow was _____
- One thing my parents used to say to me was _____

C Work in pairs. Discuss your sentences with a partner. Ask follow-up questions for more information.

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