

Grammar

1 Complete the second sentence with a comparative so that it means the same as the first sentence. You must include the word in CAPITALS.

- I enjoy swimming more than I used to. (AND)
I find swimming _____ enjoyable these days.
- Aaron ran well in the race, but Miles was slightly faster. BIT
Aaron ran _____ Miles in the race.
- Cycling can be dangerous, but I think skiing is a lot worse. MUCH
I think skiing is _____ than cycling.
- You are much stronger than me. NOWHERE
I am _____ as you.
- Fay and Sami are equally good at skating. JUST
Fay is _____ Sami at skating.
- If you try harder, you will improve faster. FASTER
The harder you try, _____ you will improve.

2 Complete the sentences with one word in each gap.

- Jen is _____ fittest person I know.
- He gets upset _____ time his team loses.
- Some people say that golf is a sport for _____ rich, but I disagree.
- _____ of us coped very well. As a team, we hate to lose.
- She was _____ great football player when she was younger.
- We have _____ hope of winning, but that's better than nothing!
- That's _____ athlete I was telling you about.
- At the start of training, there were twelve balls. But we seem to have lost a _____ of them.

Vocabulary

3 Match the sentence halves.

- It can be hard to fit exercise in ____
 - Lifting weights can be addictive ____
 - It's important to maintain ____
 - He's definitely enthusiastic ____
 - I think looking after the plants in my house has ____
 - Why don't you try jogging home after college? It's a good way to increase ____
 - Don't start a challenging ____
 - I've injured my back. It has really made ____
- A your heart rate every day.
B because you want to get stronger and stronger.
C me aware of my whole body. I need to take better care of myself.
D a positive impact on my well-being.
E your health as you get older.
F because he runs almost every day!
G with your daily routine.
H exercise routine straight away if you aren't used to it.

4 Choose the correct alternative.

- If you **are** / **demonstrate** / **take** willing to work hard, you will improve very quickly.
- He chose to break the rules and now he has to **deal with** / **accept the** / **cope under** consequences.
- As team captain, I **deal** / **take** / **cope** responsibility for our failure today.
- Milo was late for training again. He needs to **be** / **accept** / **demonstrate** better organisational skills.
- How do you **demonstrate** / **deal with** / **responsibility** for failure? Personally, I like to play basketball and work up a sweat.
- My team plays in competitions. Over time, I've learned to **cope under** / **be willing** / **demands of** pressure.

Cumulative review

5 Complete the text with the words and phrases below. There are four words you do not need.

a adapt beneficial contribute each
flexible just lot much muscles
self-confidence several stiff the (x2) warmer

Senior Fitness

As we get older, we all need to ¹ _____ to our changing bodies. However, many older people don't have enough ² _____ to go to a gym or a swimming pool. SeniorFitness.com is here to help. Try our range of video workouts that you can do at home.

Strength

Strength exercises don't need to be complicated. Try our series of videos on weight training in ³ _____ chair. ⁴ _____ chair can also be used for balance exercises (see the 'Stretch' section below). Strong muscles ⁵ _____ to good health and will help protect you against injuries.

Stretch

As we get older, we all tend to feel more ⁶ _____. Try our gentle yoga videos and balance exercises. For ⁷ _____ more adventurous, we also have videos on ballet and tai chi to help you stretch your ⁸ _____ and improve your balance.

Sweat

It's good to do harder exercise ⁹ _____ times a week. Try an activity that makes you breathe faster and feel ¹⁰ _____. Why not try one of our dance or exercise bike videos? An hour of more intense exercise can be ¹¹ _____ as ¹² _____ as two hours of a gentler workout.

REFLECT Think about the following questions.

- Which lesson in this unit was your favourite? Why?
- Which of the grammar points did you find the most difficult? Why?
- What can you do to practise listening to factual English?
- What three things can you do to handle disagreements more effectively?