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A. Label the pictures.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

B. Match. Then use the phrases to complete the sentences 1-5.

1. keep	◯	**a.** advice
2. go on	◯	**b.** a sport
3. put on	◯	**c.** fit
4. take up	◯	**d.** a diet
5. follow	◯	**e.** weight

1. Why don't you _____ like basketball? You can exercise and have fun at the same time.

2. Olivia _____ last summer and now she's a bit chubby.

3. I always _____ my sister's _____ when I have a problem.

4. I decided to _____ so I don't want any chocolate.

5. Miranda's weight is ideal, but she must start going to the gym to _____.

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C. Choose a, b or c.

Dear Matt,
How are you? I'm great. The last time I (1) _____ you was five months ago! When (2) _____ you again? Guess what! I'm in the local water polo team. Can you believe it? After you (3) _____ for Canada five months ago, I (4) _____ to join the local sports club.

1.	**a.** didn't see	**b.** see	**c.** saw
2.	**a.** am I going to see	**b.** did I see	**c.** I see
3.	**a.** left	**b.** leaving	**c.** leave
4.	**a.** am deciding	**b.** decided	**c.** decide

Three of my friends are in the water polo team and they (5) _____ it. So, I joined and it's amazing! Actually, we (6) _____ two games last month and our coach is very happy with us. Of course, we get tired sometimes. We always (7) _____ for about half an hour before we start practice. I can't say it's an easy sport but it's fantastic. Next month we (8) _____ against another local team, the Tigers.
Well, that's all for now. Write back and tell me about your news.

Take care,
Ruthy

5.	**a.** love	**b.** loves	**c.** loved
6.	**a.** win	**b.** are going to win	**c.** won
7.	**a.** swim	**b.** swam	**c.** are swimming
8.	**a.** played	**b.** playing	**c.** are going to play

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