

## UNIT 7

I. Complete the sentences with the words below.

• weights • craze • wellness • progress • treadmill • personal trainer • Pilates

- 1 Using fitness apps is the latest \_\_\_\_\_.
- 2 It's not necessary to have a mat or \_\_\_\_\_ for a home gym.
- 3 Some fitness apps track \_\_\_\_\_ and give badges as rewards.
- 4 Exercise equipment, like a \_\_\_\_\_, uses technology.
- 5 You can learn \_\_\_\_\_ or boxing from a smart fitness mirror.
- 6 Jim has a \_\_\_\_\_ who he works out with three times a week.
- 7 The app gives \_\_\_\_\_ tips like when it's time to eat or sleep.

III. Rewrite the sentences using participial phrases or to-infinitive clauses or perfect gerunds.

1. The man who is talking to my parents is my PE teacher.  
→ \_\_\_\_\_.
2. The book which will be written by my personal trainer is about healthy eating.  
→ \_\_\_\_\_.
3. Jack was the first person who signed up for the yoga class.  
→ \_\_\_\_\_.
4. The personal trainer who works at the fitness centre can give you advice on your diet.  
→ \_\_\_\_\_.
5. Meryl was the youngest athlete that won a gold medal.  
→ \_\_\_\_\_.
6. Oliver was the only student who won five races on Sports Day.  
→ \_\_\_\_\_.
7. I told Kate not to go running in the rain. I remember that.  
→ I remember \_\_\_\_\_.
8. "You've not brushed your teeth before going to bed!" Sue told her sister.  
→ Sue accused \_\_\_\_\_.
9. I ate a whole pizza on my own last night. I now regret it.  
→ I regret \_\_\_\_\_.

10. John said that he cheated on his diet while he was on holiday. **(ADMIT)**

→ \_\_\_\_\_.

11. Olivia remembered that she had bought a cheap exercise mat online. **(RECALL)**

→ \_\_\_\_\_.

12. Harry told me that he saw you run the marathon. **(MENTIONED)**

→ \_\_\_\_\_.