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 _____.

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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)**

→ _____.

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