

1 VOCABULARY: Exercising

A Read the three interviews and complete the text. Use the correct form of the verbs in the box.

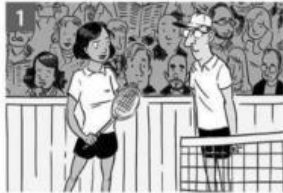
jump lie down lift sit down stretch throw

- A Yoga is my favorite exercise. I'm waiting for my class to start. The class is very good and a lot of people take it. The teacher ¹ sits down in front of the class and we sit behind him. Here we are ² _____ our bodies to warm up. Then we ³ _____ on the floor at the end of class. I love that part!
- B My daughter is taking a dance class. She likes it because her friends from school are in the same class. The girls are ⁴ _____ their arms above their heads at the moment. The teacher asks them to follow her instructions.
- C My friends and I play on a baseball team. We meet every Thursday in the park. First, we ⁵ _____ balls for a few minutes to warm up. We are ⁶ _____ up and down in the photo because we're happy! My friends and I love this sport!

2 GRAMMAR: Present continuous

A Complete the sentences using the present continuous. Use the pictures to help you.

- 1 She _____ (talk) to the man.
- 2 He _____ (have) a drink of water.
- 3 They _____ (talk) together.
- 4 Laverne and Marconie _____ (win).



Cities for People or Cars?

Too many cars can be bad for a city. There is too much traffic and stress. And traffic can be a problem because stressed drivers sometimes break the rules to save time.

At the *Bicitekas* group, we think bicycles can help change people's habits. That is why we have bicycle tours around the city, and we plan art shows and parties. Mexico City needs better roads and more green areas.

There are many ways you can help. Come to our shows, tours, and parties. And, above all, use your bike. Do not drive your car on the weekend, and share rides with friends and family. You can help us make our city a better place for people and not just for cars.

- 1 What is the main idea?
 - a Cars are good.
 - b People can help.
 - c The city needs more parks.
- 2 What does *Bicitekas* do?
 - a sells bicycles
 - b has bike tours
 - c repairs old bicycles
- 3 What does the author say people can do to help?
 - a share rides
 - b drive on weekends
 - c buy a newer car