

1 Complete the text below with ONE word in each gap.

Kristen Ulmer went on her first ski trip when she was a kid. Ever since (1) _____, she has been hooked on adventure and risk. Now in her thirties, she has skied down some of the world's tallest mountains, in remote places (2) _____ Tajikistan to New Zealand. She has also gone mountaineering in Tibet, and ridden a bike solo across India. She (3) _____ rock-climbing to relax! Kristen is skilful and fearless – and some might say crazy! She is part of a new kind of sport (4) _____ risk is the most important thing. Heart-stopping activities such as mountain biking, snowboarding and skydiving are known (5) _____ 'extreme sports'. And they are attracting more and more people. Rock-climbing, for (6) _____, is now enjoyed by more than half a million Americans. Only 50,000 were doing (7) _____ in 1989. One of the most extreme of all these sports is BASE jumping. First done in 1980, BASE jumping is jumping off tall buildings, towers and bridges using a parachute. It's dangerous, but of course that's (8) _____ BASE jumpers love it. Like other extreme sports, it's the risk of disaster that makes BASE jumping (9) _____ exciting. As one BASE jumper puts it, 'There aren't many injuries in BASE jumping; you either live or you die. Some experts predict that extreme sports (10) _____ become the major sports of the 21st century. They may become more popular (11) _____ traditional favourites like soccer and baseball. At one recent extreme sports show in Chicago, most of the crowd (12) _____ kids under sixteen. As they stood watching in their baggy pants and hooded sweatshirts, one excited eleven-year-old spoke for the next generation of athletes. 'That is so cool!' he exclaimed. 'I gotta do that!'

2 Complete the gaps choosing from A-D below. Write just one letter in each gap (capitalized A, B, C or, D).

I'm sure many of you will be (1) _____ with the New Year's resolution 'get fit'. After a Christmas of staying indoors, watching television and eating far too much chocolate, I decided enough was enough. January was going to be different. January was going to be the start of the new, healthy me – less chocolate, more exercise, an all-round healthier lifestyle. But how was I going to do this? As I browsed the internet looking (2) _____ inspiration, I realised just how little I knew about ways to get fit. In terms of exercise, I had always assumed you either played a team sport like football or went to the gym. And with the arrival of January snow, playing football outside didn't (3) _____ like the most attractive option, and as I have a deep-rooted fear of falling off running machines, the gym wasn't going to work out either. (Pun intended.) Plus, I've never quite understood the concept of paying to run inside when you could run outside (4) _____ free!

I therefore knew that I needed to research my options further. The first thing I found was the world of YouTube exercise videos – yoga, Pilates, Zumba ... there are videos for just about everything. The good thing about YouTube videos is that they are free, they are (5) _____ (you can do them whenever you want, and you can even pause them part-way through if they are going too fast!) and you don't have to leave your nice warm house to do them. But unless you do them with a friend I found it's difficult to motivate yourself to (6) _____ going, and without an instructor there with you it's sometimes hard to know if you're doing the move correctly.

I then researched local fitness classes and found my small town to be absolutely swimming (7) _____ opportunity! I quickly signed up to the overall sports club, had a look at the weekly timetable and decided to try them all (8) _____. One month into my new fitness regime and I have done fitness kickboxing, step-aerobics, LaGym (a bit like Zumba and definitely my favourite so far), Pilates, and aroha (a sort of mix between martial arts and dance, (9) _____ a lot of squats!). Aqua-jogging (running in the swimming pool? Sounds amazing!) and WorldJumping are still on my to-do list. The best thing about these classes is that they're not too expensive, they take place inside and you can meet new people while doing them. My favourite ones are by far the dance-based ones that take place to music, because it (10) _____ exercise so much more fun!

1 A known	B famous	C familiar	D knowledgeable
2 A at	B for	C after	D on
3 A seem	B imply	C show	D resemble
4 A at	B about	C around	D for
5 A bending	B adjustable	C flexible	D stretchy
6 A move	B keep	C make	D carry on
7 A with	B at	C around	D in
8 A in	B out	C for	D up
9 A catching	B regarding	C involving	D linking
10 A gives	B appears	C takes	D makes