

Complete the passage

Use the verbs **make**, **do**, **have** and **take** in their correct forms to complete this passage.

Getting fit!

June Bishop decides to get in shape.

Last week, I (1) _____ an important decision. I decided to get fit. Until recently, I just haven't (2) _____ time to go to a gym. I work full-time in a busy office, and I (3) _____ a large family, so when I'm not at work, I'm (4) _____ the shopping, (5) _____ the beds, (6) _____ the ironing, (7) _____ dinner, clearing up all the mess that the kids have (8) _____ and generally (9) _____ all the housework. So, I'm busy and active, but not particularly fit.

But with the kids away at summer camp for a few weeks, I realised that I (10) _____ the perfect chance to (11) _____ something about it. I immediately (12) _____ advantage of the peace and quiet, and (13) _____ an appointment with a personal trainer at a local gym.

It was great! I'd (14) _____ the idea that all these really fit body-builders would (15) _____ fun of me, but in fact the atmosphere was very relaxed and friendly. My personal trainer – Tony – encouraged me to (16) _____ my best, although he warned me to (17) _____ care not to overdo things in the first session. He wanted to (18) _____ sure I didn't injure myself. At the end of the hour, he said I'd (19) _____ very well.

I've been to the gym four times now, and I'm extremely glad I (20) _____ the effort. Exercise clearly (21) _____ you good, and my workouts have (22) _____ an effect already. I feel a lot healthier. It's really (23) _____ a difference. And I've also (24) _____ some good friends there. I've (25) _____ up my mind to continue, even when the kids come back.

Whenever I have a day off, usually every Tuesday, I'm going to (26) _____ the best of the little free time I (27) _____, head off to the gym and (28) _____ some exercise. I know it (29) _____ sense, I (30) _____ a great time whenever I go there and it's (31) _____ me realise that there's more to life than just work.

