

UNIT 2. HEALTH

SKILLS 2

I.Listen to the interview with an ironman and write the word you hear.

A: Were you sporty as a child?

B: No, I always felt (1)_____ and weak. I had allergies too, so I always had a runny nose, and itchy skin.

A: When did that change?

B: My friends started doing (2)_____. I wanted to, too. My sports instructor said "Do (3)_____ exercise, or continue to feel sick. It's up to you!"

A: Was it easy?

B: No! It was (4)_____. I did more exercise, so my body ached. But slowly I felt better.

A: What do you do now?

B: I do (5)_____ around the world. It's a tough competition. You have to swim, run, and (6)_____ a bike. I use around 6500 (7)_____ in one event!

A: How do you prepare?

B: Three great things to do before the race are: eat more (8)_____ food, sleep more, and do more exercise. Then you'll be ready.

II. Are the following sentences true (T) or false (F)?

1. He wanted to do sports because of his friends. _____.
2. Taking up sports was hard. _____.
3. He takes part in this event around the world. _____.
4. In this event, you swim, run and ride a bike. _____.
5. This event uses less than 6000 calories. _____.