Use the word given in capitals to form a word that fits the gap.

CYCLING



I have been a keen **1)** _____ [CYCLE] for about nine years. When I began cycling, I found the flat roads **2)** _____ [EASE], but the hills almost impossible. **3)** _____ [SURPRISE], now it is the opposite. A long flat ride can be both dull and **4)** _____ [EXHAUST] as you never experience that **5)** _____ [FANTASY] feeling of **6)** _____ [FREE] downhill. Years ago, going uphill left me **7)** _____ [BREATH]. Now, I have learnt to take hills **8)** _____ [SLOW] and **9)** _____ [STEADY].

When I set off, I'm full of energy and the first hundred metres are **10)** _____ [MARVEL], the next couple of kilometres a bit **11)** _____ [TIRE]; but on the whole, the experience is very **12)** _____ [ENJOY].

Cycling is **13)** _____ [LIKE] any other forms of exercise I have tried; it is never a chore but always a **14)** _____ [PLEASE]. The physical benefits are obvious but the mental benefits are **15)** _____ [EQUAL] important; when you are travelling calmly at a **16)** _____ [SENSE] speed, you breath fresh air, have time to think and can relax.

Adapted from *FCE Booster*

LIVEWORKSHEETS