

A. Grammar & Vocabulary

Exercise 1: Match the sports with the pictures.

basketball	cycling	go for a walk
go to the gym	running	tennis
		yoga



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____



7 _____

Exercise 2: Complete the sentences with the verbs in the box.

do	drink	drink	eat
get	get	go	join
			play

- 1 It can be expensive to _____ a gym, but they often have a lot of modern equipment.
- 2 It is very important to _____ plenty of water whenever you _____ exercise.
- 3 I _____ lots of fruit and vegetables and do yoga twice a week.
- 4 It is a good idea to have a personal trainer to _____ advice about living healthily.
- 5 I play tennis three times a week and _____ for walks in the park.
- 6 It is important to _____ lots of sleep every night.
- 7 When you _____ green tea, it can help you relax.
- 8 Many young people _____ a sport or do exercise at school.

Exercise 3: Read the conversations. Correct the underlined mistakes.

1

A: What you should eat to be healthy? →

B: It is important to eat lots of fruit and vegetables.

2

A: It is important to exercise? →

B: Yes, you should to exercise for at least 30 minutes every day. →

3

A: Is it a good idea to play computer games for many hours?

B: No, you should play on your computer for so long. →

4

A: You have any other advice about being healthy? →

B: I think you should find ways to relax.

5

A: What is the best way to relax?

B: I like doing yoga. I think you shouldn't try it. →

Exercise 4: Complete the sentences using *should* or *shouldn't* / *should not* and one verb from the box.

drink	eat	get	play	ride	watch
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A: Did you see that program last night about how to stay healthy? I learnt so much.

B: Really? I didn't see it. Did you think it was interesting?

A: Yes, it had lots of useful suggestions. Do you know we _____ five glasses of water a day? I never normally have that much but I'll try from now on.

B: That's a good idea. I always think I _____ more sleep. Did it mention anything about sleep?

A: Yes, it said we should sleep for at least eight hours, however, it's not always possible.

B: I only sleep for about seven hours, so I think I should go to bed earlier.

A: Yes, it will give you more energy. The other thing it warned against was watching too much TV. It said we _____ more than two to three hours a day.

B: Did it mention what activities are good for you?

A: Well, any exercise is good. You _____ sport at school if you like it. If not, you _____ a bicycle or walk to school instead of going by bus or car.

B: What about food? Did it give any advice about healthy eating?

A: Yes, and I think this was the most important piece of advice. We _____ fast food more than once a week and make sure we eat at least five pieces of fruit and vegetables a day.

Exercise 5: Read the sentences. Choose the correct answers.

1 We have to/ don't have to wear sports clothes during sport lessons otherwise we can't take part.

2 You have to/ don't have to pass a swimming test to be a lifeguard at the swimming pool.

3 You have to/ don't have to be fit to do yoga because anyone can try it.

4 You have to/ don't have to spend a lot of money to stay healthy. You can go running in the park for free.

5 We have to/ don't have to wear special shoes when we play football. Otherwise, it is difficult to run.

6 You have to/ don't have to join the gym to take exercise classes, but they cost less for members.

7 Professional sports players have to/ don't have to practice for at least three hours a day.

8 You have to/ don't have to be good at sports to stay fit, but regular physical activity is good for you.

Exercise 6: Complete the conversation with *should* or *shouldn't*.

A: I enjoy playing tennis but I want to improve. What _____ I do?

B: My advice is you _____ practice as much as possible. How often do you play?

A: Twice a week at the moment. Is that enough?

B: No, you _____ train more often. I don't think it's possible to improve if you don't play more.

A: I thought I _____ have a rest days when I don't practice. Do you think I need to play every day then? Is it really necessary?

B: Maybe not every day, but you _____ just play twice a week – that's not enough. That's my advice. Also, it's a good idea to get help from someone who can teach you. I think you _____ have tennis lessons.

Exercise 7: Complete the texts with *have to* or *don't have to*.

- 1 At school, there are some new rules. The most important one is that we _____ turn off our mobile phones before the lesson. However, unlike most schools, we _____ wear school uniform every day. We can wear our clothes, we _____ wear school uniform every day. We can wear our own clothes.
- 2 At university, students can come to classes at whatever time they want. They _____ come into class every morning. It is their choice. However, the university gives advice to students about being on time. If they are going to be late, they _____ send an email to their teacher.

Exercise 8: Match the sentence halves.

- | | | |
|------------------------------|---|------------------------------|
| 1 It is a good idea to pay | ● | ● running with other people. |
| 2 Joining the gym | ● | ● can be expensive. |
| 3 It is more fun when you go | ● | ● yoga than go to the gym. |
| 4 It is important to follow | ● | ● great way to keep fit. |
| 5 I think it's better to do | ● | ● a healthy diet. |
| 6 Running is a | ● | ● for a personal trainer. |