

TASK 5

Read the text below. For questions (23-32) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.

“WHAT MOTIVATES YOU TO KEEP TRAINING?”

I’ve always seen exercise as a (23) of self-improvement. I believe that if I can make myself stronger than I am now by next week, next month, or next year, I’ll also become smarter, wiser, and generally of more use (24) to myself and to other people. Said another way, I’ll be better than I am now, and that’s an (25) feeling.

(26) your fitness goals are, if you see them as being more than just having abs or running a 10K, you’ll be more likely to stay on track. (27) yourself that they’re part of a journey that leads to all (28) things you want in life. And they truly are. (29) to the stereotypes, the strongest, leanest, and overall fittest people I know are also some of the most worldly and most popular. You have to be disciplined and ambitious to (30) radical changes to your body, and people want to be (31) the kind of person who can do that so that they can be inspired and learn to do the same.

Remember that when the alarm (32) off at 6 a.m. on your next leg day. And remember that they’re not just squats, they’re additions to your résumé. [44]

23	A	key	B	method	C	reason	D	type
24	A	than	B	neither	C	both	D	either
25	A	empowering	B	exciting	C	relaxing	D	stimulating
26	A	whatever	B	whichever	C	whoever	D	however
27	A	tell	B	say	C	persuade	D	convince
28	A	another	B	other	C	the other	D	others
29	A	similar	B	like	C	contrary	D	due
30	A	do	B	take	C	apply	D	make
31	A	around	B	round	C	surrounded	D	close
32	A	comes	B	goes	C	turns	D	switches