Ex. 1 You are going to hear a phone call. Fill in the missing information.

New messsage

Hi Val,

I've just talked to the fitness trainer who runs the spin classes in **(1)** _____ at the sports centre. I really need to **(2)** _____ so I'm thinking of going along. Would you like to come with me? The class seems simple and the trainer is experienced. She's been a cyclist for more than **(3)** _____. She recommends this form of exercise because you don't **(4)** _____. Let me know if you're still interested.

Bye for now,

Sue

Ex. 2 Listen to four people talking about health problems. Match the speakers (1-4) to the sentences (A-E). One sentence is extra.

This speaker	
A	needed treatment for an injury.
B	stopped doing something harmful.
C	uses music to reduce stress.
D	tried a breathing technique to relax.
E	wore something for extra support.

Speaker 1 ___ Speaker 2 ____ Speaker 3 ___ Speaker 4 ___

Ex. 3 Complete the leaflet with the words in the boxes.

healthcare | regular | limit | active | skip | sleep | sugary | take

How to be a health champion!

- Don't (1) _____ meals.
- (2) _____ control of how much and what types of food you eat.
- Avoid (3) _____ drinks.
- Go to bed at a (4) _____ time.
- Try to get at least 8 hours of (5) _____ each night.
- Be physically (6) _____ for at least 60 minutes a day.
- Try to (7) _____ TV and computer game time.
- Talk to a (8) _____ professional.

Ex. 4 Read the text and complete the missing information in Polish language.

People have known about the positive effects of horse-riding on our health since ancient times, but the first professional therapeutic centres were created in Europe in the late 1960s. From there, the idea spread to North America. However, the person who inspired the modern idea of using horses in therapy was a Danish horse riding champion named Liz Hartel. She fell ill with polio at the age of 23 and, as a result, her legs below the knees were paralysed. She was determined to continue her riding career and she took part in the Olympic Games in 1952. Her silver medal there was the first medal for any woman in the history who competed against men. After she finished her riding career, Liz Hartel travelled a lot to raise money for people ill with polio and promoting the idea of riding as a form of therapy. The Dutch Liz Hartel Foundation was named after her.

Prezentacja – Liz Hartel: pionierka hipoterapii

- Pierwsze ośrodki wykorzystujące jazdę konną jako formę terapii powstały w Europie pod koniec
  (1) _____.
- Liz Hartel pochodziła z (2) _____ i uprawiała jeździectwo.
- Jako pierwsza kobieta konkurująca z mężczyznami zdobyła (3) _____ na igrzyskach olimpijskich w 1952 roku.
- Po zakończeniu kariery, Liz Hartel zbierała fundusze dla (4) _____.
- Jej imieniem nazwano fundację w (5) _____.