Exercise 1: Complete this article in a health magazine. Use the gerund form of the following verbs.

go   sit   waste   run   dance   lift   do   take   exercise   meet

Kick up Your Heels!

In recent years, 1) _____ has become a very popular way to stay in shape. In addition to its health benefits, it also has social advantages. "I enjoy (2 _____ out and 3) _____ new people," says Diana Romero, a 28-year-old word processor. 4)"_____ all day at a computer isn't healthy. After work I need to move." And Diana isn't alone on the dance floor. May people who dislike 5)_____, 6) _____ weights, or 7)_____ sit-ups are swaying to the beat of the swing, salsa, and rumba. So, if you are looking for an enjoyable way to build muscles and friendships, consider 8) _____ a spin on one of the many studio dance floors that are opening up in cities across the country. 9) "_____ can be fun, " says Sandra Carrone, owner of Studio Two-Step. So, quit 10) _____ time, grab a partner, and kick up your heels!

_____

Exercise 2: Directions: Look at the results of the questionnaire on four people's likes and dislikes. Then complete the sentences below with appropriate gerunds. **Key:** 👍 = enjoy, **OK** = don't mind, 👎 = dislike

	Alex	Javier	Kate	Vanessa
1. dance	👍	👎	👍	👎
2. walk	👍	👍	👍	👍
3. do sit-ups	👎	👍	👎	👎
4. play tennis	👎	OK	👍	👎
5. jog	👎	👍	OK	👎
6. lift weights	OK	OK	👎	👍

1. Javier is the only one who enjoys _____.
2. Kate doesn't like _____, but Alex doesn't mind it.
3. Kate really enjoys _____, but both Vanessa and Alex dislike it.
4. Alex enjoys_____, but Vanessa dislikes it.
5. _____ is the activity that people most disliked.
6. Half of the people don't mind _____.
7. _____ is an activity that half of the people enjoy.
8. _____is the only activity that all four enjoy.
9. Alex and Kate are going to go _____ together at the Two-Step Studio. They both enjoy it.
10. Kate doesn't mind _____.
11. Alex and Vanessa dislike _____ tennis.
12. They also dislike _____ sit-ups.