

GRAMMAR

Infinitive and verb + -ing

1 Choose the correct words to complete the rules.

- 1 **Running** is my favourite form of exercise.
The -ing form here is an **adjective** / a **noun**.
- 2 You can't **make** people **enjoy** sport.
Another verb that follows this pattern is **allow** / **let**.
- 3 It can be **challenging** / **difficult** / **fun** / **interesting** ...
The **to-infinitive** / **-ing form** follows words like this.
- 4 You can download the fitness app **in order to monitor** your progress.
You **can** / **can't** use the -ing form after certain phrases that express purpose.
- 5 I didn't **expect to enjoy** the match as much as I did.
Another verb that follows this pattern is **admit** / **promise**.
- 6 I've never been very **keen on playing** team sports.
The -ing form is used here because **it comes after a preposition** / **it's talking about the present**.

2 Choose the correct verb in each pair to complete the sentences.

- 1 managed / succeeded
A I just to beat my personal best in the race.
B She in completing the race in record time.
- 2 allow me / let me
A My coach wouldn't try the 1500-metre race.
B My parents don't to go running after dark.
- 3 offered / suggested
A Dad teaching Mum golf.
B The PE teacher to give us extra training.
- 4 make / force
A You'll never me to enjoy football the way you do.
B You can't me support the same team as you.
- 5 able / capable
A I've never been of throwing a ball very far.
B I'd love to be to serve really well in tennis.
- 6 feel like / want
A Do you coming to the gym with me?
B Why don't you to try a new sport?

3 Choose the correct words to complete the conversation.

- A: Selfies at the gym? Why can't people work out without ¹telling / to tell everyone on social media?
- B: Some people can't help ²to share / sharing everything online. It's just a habit.
- A: Can you imagine ³to run / running a marathon in just over two hours? How would you prepare your body ⁴to do / doing that?
- B: It involves ⁵training / to train for hours of course but they also say, that top runners are born, not made. They have a special capacity that permits ⁶to take / them to take in more oxygen when they run.

4 Complete the article with the correct form of the verbs.

Making the most of music

Music has always played a large part in

¹ (motivate) athletes to perform well. Research by Dr Karagorrghis, a psychologist at Brunel University, suggests that ² (listen) to music while exercising moderately, can make you feel like you aren't working as hard. Hearing music you associate with memories of high performance can also help you feel inspired ³ (push) yourself harder while working out.

But can music really make you better at sports? This research shows it can help

⁴ (encourage) you to exercise as you begin a routine, making you feel motivated and eager to reach your goals. Once you start working really hard music won't help you ⁵ (sustain) your exercise efforts. However, it can help you cool down again and relax as your heart rate is ⁶ (return) to a normal level, particularly if you listen to tracks with a simple, slower beat. So basically, music can be most helpful at the beginning and end of a workout!

Health professionals do advise athletes

⁷ (not/listen) to loud music through headphones on a regular basis. They recommend ⁸ (follow) the 'eighty for ninety' rule: limiting the volume to eighty percent of the maximum for no more than ninety minutes a day. And never wear headphones when exercising outdoors. You need to be able to hear what's going on around you in order to stay safe.

