

- Reading

LAZY BRITS

A new report says that British people are taking less exercise than in the past. It says that the problem is now worse for people's health than smoking. One in every six deaths in Britain is the result of people not doing enough exercise. In addition, treating people who become ill because of lack of exercise costs the health service £17.6 billion every year.

So, how much exercise should people do? Experts say that two and a half hours a week is the minimum.

It doesn't sound much and even this doesn't have to be in a gym or organised sports. Walking is also good exercise. Only about 37 per cent of British people get this much exercise every week. This is less than in any other European country. In France, 66 per cent of people do at least 2.5 hours of exercise a week. In Holland, the percentage of people doing this amount of exercise is 82 per cent.

So, why is the problem so bad in Britain? The biggest cause is that people spend their free time at home.

They don't play sports, they look at computer and television screens. Fewer people do physical work. They sit at desks with a computer in front of them. Even younger people are doing less exercise. In the past, children often walked or cycled to school. They played outside. Now their parents drive them to school and they can't go out on their own.

There are a number of ways that people could get more exercise. They could cycle to work or the shops. They could spend more time doing the gardening. They could spend their weekends in the park. The present older generation in Britain live longer than any generation in the past. What about the next generation?

1) Choose the best option.

1. The article says that

smoking kills more British people than anything else.

lack of exercise causes about 17% of UK deaths.

the health service spends £17.6 billion per year.

2. According to the text,

people should do at least 150 minutes of exercise a week.

people should walk everywhere instead of joining a gym.

twice as many people in the UK do enough exercise compared to people in Holland.

3. The main reason for lack of exercise in Britain is that

children are much lazier than before.

the way people work has changed.

people's free-time habits have changed.

4. The writer asks a question at the end of the article because she wants readers to
write to her with their answers to the question.
think carefully about the answer to the question.
find the answer to the question on the Internet.

- Vocabulary

- 1) Complete the sentences with words related to sports and health.

ATHLETE - CYCLING - JOGGER -
HEALTHY DIET - MEDALS - YOGA - TOURNAMENT

1. They were defeated in the first round of the _____.
2. Lionel Messi became a professional _____ before he was eighteen.
3. I don't like jogging but I do _____ twice a week.
4. 'How many _____ did you win last year?' 'I am a great gymnast, but I didn't win any one in the Paralympics.'
5. Do you have a _____? Do you eat fruits and vegetables every day?
6. You need a bike to go _____.
7. A _____ is a person who goes running to keep fit.

- Grammar

- 1) Complete the text using the Past Simple tense of the verbs in brackets. DON'T use contractions.

During the 1990s, Dann Way was one of the most famous skateboarders in the world. He _____ (1. be) born in Portland, Oregon. He _____ (2. start) skateboarding at the age of four. At first he _____ (3. not/ like) it so much but then he _____ (4. practice) skateboarding as much as possible and soon he was very good at it. He _____ (5. enter) his first competition at the age of eleven and, surprisingly, the judges _____ (6. give) him the first prize. He _____ (7. win) many medals between 1982 and 2000. In 1991, he _____ (8. become) the first

person to jump over the Great Wall of China on a skateboard! But Danny _____
(9. have) some hard times, too. In 2002, he _____ (10. fall) and _____
(11. break) his leg. But... _____ the accident _____ (12. stop) Dann?
No, it _____ (13. not/do). He has skated for twenty-five years.

2) The following sentences are written in Past Simple but they are all wrong. Correct them.

1. I didn't saw Emily at the party last night.

2. Where the police caught the robbers?

3. My grandma did visit Rome one week ago.

4. Did she walked alone yesterday evening?

5. At kindergarten, Celia and I was best friends.
