

Listen to the audio and complete the text with the words in the box

Never always run usually
Tennis Love sometimes
relax hardly ever gym

Almost always Energetic
exercise Thursday play
sports



I am quite an 1. person and like to 2. and 3. I 4. go for a short 5. in the morning and then I 6. relax over a cup of coffee before getting ready for work. At work we have a 7. league and I 8. have a match to play on 9. . I'm not very good at tennis though and 10. win. In the evenings, I often go to the 11. on the way home and 12. 13. do some weights. I 14. use heavy ones though. I also don't like the cross trainer and almost never use it. However, I do 15. a sauna after and if I have time, always 16. in it after a long workout.