B2	Choosing the Right Sport	LIU040

Read the text about how to choose the right sport. Some of the lines are correct. Some have a word that shouldn't be there. Write this word in the box next to the line. If the line is correct put a tick (✓) in the box. The first two lines have been done for you.

1	We all know how good exercise and physical fitness is for	✓
2	our body and mind. While most of us want to keep fit and	**while**
3	look good, however many people take them up the wrong	
4	activity and lose interest quickly. Fitness coaches do advise	
5	people to do things that match to their character.	
6	Many people choose a team sport, like basketball, football	
7	or volleyball because they like to be together with such	
8	other people. Others are more happier when they can go	
9	swimming or hiking on their own.	
10	When people who like to compete individually against others	
11	may take up a racket sport, like tennis, which where they	
12	do not have to often depend on others to perform well.	
13	If, on the other hand, competition is not even important	
14	to you, try enjoyable activities like dancing.	
15	Think about how easy it is to make yourself the exercise.	
16	Some activities, like running across long distances, require	
17	a considerable amount of much endurance. If you don't	
18	want to endure the physical pains of such a heavy sport,	
19	choose something that makes you less tired, but which	
20	you enjoy. In any other case, at the end of every activity	
21	it is important to feel that you have done something for	
22	your body.	

LIVEWORKSHEETS