**Name:** _____ **Class:** _____ **Date:** _____

**StartUp4 Unit 6 Test**

**LISTENING**

**Listen to the podcast. Choose the correct answers.**

(**Audio Track:** StartUp4_Unit06_Test_01)

____ 1. What is the main idea?
   a. There are some ways to make yourself less likely to burn out.
   b. There are some things that can cause you to burn out.
   c. There are some ways to fit exercise into your day.
   d. There are some reasons why sleep is important.

____ 2. What is the first topic that the speaker talks about?
   a. Making time for yourself
   b. Being stressed
   c. Drinking coffee
   d. Sleeping

____ 3. According to the speaker, what activity makes you do better at work?
   a. Doing what you want
   b. Exercising
   c. Taking a vacation
   d. Reading

**PRONUNCIATION**

**A. Listen to each sentence. Choose the consonant that links two words together.**

____ 4. (**Audio Track:** StartUp4_Unit06_Test_02)

   a. /v/
   b. /t/
   c. /s/
   d. /f/

____ 5. (**Audio Track:** StartUp4_Unit06_Test_03)

   a. /d/
   b. /u/
   c. /k/
   d. /r/

**B. Listen to the sentences. Choose the pronunciation you hear.**

____ 6. (**Audio Track:** StartUp4_Unit06_Test_04)

Jack was _____ tell Jim about the concert tonight.
   a. gonna
   b. going to

____ 7. (Audio Track: StartUp4_Unit06_ Test_05)

There's a yoga class at 4 pm, but I _____ pick up my kids from school.
   a. got to
   b. gotta

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LIVEWORKSHEETS

## GRAMMAR

**A. Rearrange the given words into a sentence.**

8. good | for | a balanced diet | health | is | eating | important

_____

9. perfect | where | exercising | like | the temperature | always | is | I | inside

_____

10. not smoking | doctor | recommended | a while | his | for

_____

**B. Complete each sentence with the correct form of *be going to* or *not be going to* + the verb in parentheses.**

11. I _____ (*send*) you an email about trying out a new exercise class at the gym, but I forgot.

12. Richard _____ (*not / move*) away from his hometown until he got a job offer in the city.

13. _____ you _____ (*meet*) your teammates at basketball practice later?

**C. Complete the conversation with the correct preposition in parentheses.**

____ 14. A: A few of us want to start a walking group in the morning _____ work. Are you interested?
B: That sounds interesting.
a. before c. from
b. since d. on

____ 15. A: I can't believe it, next week is our dad's last day of work at the school!
B: I know it's hard to believe, but he has been working as a math teacher _____ nearly 35 years!
a. after c. between
b. for d. until

____ 16. A: I think it's really annoying when people don't pay attention to what the trainer says _____ our Mondays lessons at the gym.
B: I know what you mean.
a. by c. in
b. during d. to

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LIVEWORKSHEETS

## VOCABULARY

**A. Complete the sentences with the correct word or phrase.**

a. stretching
b. weight training
c. jogging
d. cycling
e. rock climbing

____ 17. If you want to get big muscles, you should try _____.

____ 18. That's a nice bike. When did you get interested in _____?

____ 19. I want to start _____ with you in the mornings, but I've been too busy with school lately.

**B. Complete the sentences with the correct phrase.**

a. keep a work-life balance
b. burn out
c. go offline
d. take a break
e. set realistic goals

____ 20. It's almost lunch time. Are you ready to _____ from all your hard work?

____ 21. You're so busy at work that we never see you any more. It's important to _____ so you have time for all of us.

____ 22. Every day John goes to the gym for 2 hours before and after work. He's going to _____ if he keeps doing that.

**C. Complete the sentences with the correct word or phrase.**

a. stay fit
b. do moderate activity
c. burn calories
d. be intense

____ 23. I had a large breakfast, so I'm going to go for a walk to _____.

____ 24. When you are really tired after exercising, it's best just to _____ to let your body

____ 25. Jerri needs to _____ for her active lifestyle as a ballet dancer.

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LIVEWORKSHEETS

## CONVERSATION

**A. Choose the correct phrases to complete the conversation.**

a. How do you do it
b. You are
c. You do
d. How about coming with me to the gym tonight

26. A: Do you do any kind of exercise?

B: Actually, I'm training for a marathon.

A: _____ ? That's great! I just ran my first marathon last year.

B: _____ ? My gym has an awesome indoor track.

A: That's really nice of you.

**B. Choose the correct phrases to complete the conversation.**

a. What happened?
b. But what if there's an emergency?
c. No phone, no email, no stress.
d. I don't have the answer.

27. A: How do you manage stress and keep a work-life balance?

B: We turn off our phones at home.

A: _____

B: It works pretty well for us, we don't worry about it._____

A: That's great advice.

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LIVEWORKSHEETS

**READING**

**Read the article and choose the correct answer to each question.**

# MAKE TIME FOR YOURSELF

In today's busy world, stress is a common problem. We try to make time for families, careers, and friends. It can be difficult to find a work-life balance that lets us enjoy life fully. It can also be difficult to make time for yourself in the modern world. There are many ways to reduce stress, but I'll explain three common ways people prevent burn out in this article.

Meditation is an activity where you focus on a thought, object or activity to clear your mind. Many types of meditation ask you to focus on your breathing rate. This can help you become calm and adjust the way you feel.

Yoga is a type of exercise that can not only help reduce stress, but keep you fit too. Yoga is a combination of mental and physical exercises to calm the mind and build strength. Like meditation, keeping track of your breathing during yoga is important. Unlike meditation, in yoga, you move your body in specific positions and hold them for a length of time.

Another way people reduce stress is by running. Similar to yoga, it is also a way to stay in shape. It is a good idea to warm-up before running. During the warm-up you stretch your muscles and begin running at a moderate rate of speed. After the warm-up, you run at a more intense speed and the body works harder. Many people say that they are more calm after finishing a run. Just as in yoga, running can keep you fit, and it burns calories too!

Think about using an activity like meditation, yoga, or running to keep a healthy work-life balance. Reducing stress is usually enough incentive for many people to make time for themselves.

____ 28. What is the main idea of the article?

a. Running can keep you in shape.
b. You can do activities that reduce stress.
c. The modern world is stressful place.
d. Yoga can change the way you feel.

____ 29. What are two things compared in the article?

a. meditation and breathing
b. yoga and running
c. health and stress
d. families and exercise

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LIVEWORKSHEETS

**WRITING**

**Choose the phrase that signals the effect in each sentence.**

____ 30. Jody likes to stay healthy so she goes to the gym three times a week.
a. likes to stay healthy
b. goes to the gym

____ 31. Frank and Sally started to go biking together as a result of wanting to improve their relationship.
a. go biking
b. as a result of wanting to improve their relationship

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LIVEWORKSHEETS