Health and fitness

1 **Complete the text with the words in the box. There are two words you do not need to use.**

a	all	an	both	every	few	much	that	the	those

Michael Green loved swimming from **(1)** ..... early age. He took **(2)** ..... opportunity that came along to spend time in his local pool. As he got older, he regularly entered local competitions, **(3)** ..... of which he won. This perfect record attracted a lot of attention and he started working with a coach. **(4)** ..... training sessions paid off and Michael rapidly improved his speed and strength. However, **(5)** ..... believed that he would continue to work so hard, especially when he had so **(6)** ..... schoolwork to do. But winning **(7)** ..... national championship was his dream, and **(8)** ..... was what motivated him. However, Michael went on to achieve even more than this, becoming the world champion before his eighteenth birthday.

2 **For questions 1–8, read the text below and think of the word which best fits each gap. Use only one word in each gap. There is an example at the beginning (0).**

Example: (0) *NO*

Running a marathon



So you want to run a marathon? There is **(0)** ..... doubt that running 42 kilometres is a great achievement. Many training plans involve running four times a week for at **(1)** ..... three months, and sometimes longer. Experts strongly recommend that you should **(2)** ..... used to running long distances gradually. If you don't, it can increase the chances **(3)** ..... picking up an injury. It **(4)** ..... generally thought that runners should initially go on fairly relaxed training runs. The pace should be gentle enough to allow you **(5)** ..... have a conversation with someone running alongside you.

Don't make the mistake of eating too little before the race, or you will rapidly run **(6)** ..... of energy. But **(7)** ..... should you eat a large meal. It goes without saying that choosing the right footwear is also essential. **(8)** ..... you do, avoid clothes made of cotton and go for artificial materials, or even some types of wool such as merino. Choose clothing that will be comfortable.

LIVEWORKSHEETS