Discussing Present Habits

A Read the interview with Julia, an experienced rock climber. Circle the correct option to complete each sentence. Sometimes both options are possible.

Interviewer: How often do you go climbing?

Julia: As often as I can. People sometimes think that rock climbers spend all their time hanging from a wall of rock high above the earth, but that [1]*won't be / is not* actually true. Most serious rock climbers like me [2]*spend / tend to spend* a lot of time at the gym. I go there almost every day after work. I climb, of course, but I also run, lift weights, and do other strength training. To increase my endurance, I'll go up a climbing wall, which takes me around forty minutes, and then I'll climb back down and rest.

I: How often [3]*do you / do you tend to* climb real rock?

J: On weekends, [4]*I meet / I'll meet* with friends and take a bus or train to a good place to practice outdoor climbing. There are good places to climb as close as fifteen minutes from my house, but [5]*we'll travel / we travel* as far as three hours some days.

I: Do you ever push yourself too hard?

J: One thing I've learned is that it's important to listen to your body. On days when [6]*I'll feel / I feel* like I need to rest, I rest. Rock climbing is dangerous, and accidents [7]*tend to happen / happen* more often when you are tired. The last time I was too tired to climb, but decided to go anyway, I came home in pretty bad shape, covered in scratches and bruises.

I: Any advice to less experienced rock climbers?

J: If you [8]*are / will be* careful, most accidents can be easily avoided. Make sure to check your equipment carefully. One simple mistake can be the difference between a safe climb and serious injury. For example, I always check everything twice—and then I ask my climbing partner to check it a third time. I [9]*tend to meet / meet* young, inexperienced climbers who think it's not cool to follow this type of procedure, but there is nothing cool about getting badly injured.

LIVEWORKSHEETS