SECTION 2 *Questions 11–20*

Questions 11–16

What advantage does the speaker mention for each of the following physical activities?

*Choose **SIX** answers from the box and write the correct letter, **A–G**, next to Questions 11–16.*

Advantages	
A	not dependent on season
B	enjoyable
C	low risk of injury
D	fitness level unimportant
E	sociable
F	fast results
G	motivating

Physical activities

11 using a gym .....

12 running .....

13 swimming .....

14 cycling .....

15 doing yoga .....

16 training with a personal trainer .....

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Questions 17 and 18

*Choose **TWO** letters, **A–E**.*

For which **TWO** reasons does the speaker say people give up going to the gym?

- **A** lack of time
- **B** loss of confidence
- **C** too much effort required
- **D** high costs
- **E** feeling less successful than others

Questions 19 and 20

*Choose **TWO** letters, **A–E**.*

Which **TWO** pieces of advice does the speaker give for setting goals?

- **A** write goals down
- **B** have achievable aims
- **C** set a time limit
- **D** give yourself rewards
- **E** challenge yourself

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