

# 1

# FIGHTING FIT

## GRAMMAR

### 1 Tick the correct sentences. Correct those which contain an error.

- 1 I refuse joining a gym – it's too expensive!
- 2 Serge dislikes playing any kind of team game.
- 3 Olympic athletes start training at a very early age.
- 4 I've given up horse riding. I can't risk to fall off at my age!
- 5 Stop to play on the ice! It might break.
- 6 Have you managed to lose any weight yet?
- 7 Many people avoid to eat a lot of red meat.

### 2 Match the parts of the sentences.

- |                             |  |
|-----------------------------|--|
| 1 Is this exercise supposed | A going to the cinema or the gym?                    |
| 2 Saira regrets             | B eating meals after 8pm.                            |
| 3 The food in Japan tends   | C to eat five portions of fruit or vegetables a day. |
| 4 Are you still able        | D not to eat any more sweets!                        |
| 5 Do you prefer             | E to be healthier than in other countries.           |
| 6 Everyone should aim       | F to touch your toes?                                |
| 7 You should stop           | G to hurt this much?                                 |
| 8 Yes, doctor, I promise    | H eating junk food when she was young.               |



**3 Choose the correct option in these sentences.**

- 1 Everyone knows that fruit juice contains a lot of sugar. *Although / Nevertheless*, many people let their children drink it every day.
- 2 *Instead of / While* snacking on biscuits and cake, eat a handful of nuts and seeds. It's much healthier.
- 3 *Despite / Even though* the bad weather, they went ahead with the race.
- 4 *In spite of / Although* he was in pain, Fabio finished the marathon.
- 5 It can be challenging to follow a healthy diet. *However / Whereas*, it is worth it in the long run.
- 6 You should go for a walk after dinner *despite / rather than* sitting on the sofa and watching TV.

**4 Read this extract from an email a woman has written to her local government representative. Fill in the gaps with the linking words and phrases from the box. Add capital letters to the words if necessary.**

whereas despite however instead of  
although unlike in the past

I am a local resident concerned about the health of our children. I don't think local government is doing enough to protect the younger generation. (1) \_\_\_\_\_ the fact that the government recommends children eat healthy food, there are eight or nine fast food restaurants in our town! (2) \_\_\_\_\_, there are still no restaurants which focus on home-cooked, healthy meals at affordable prices. Another problem is the lack of exercise facilities. (3) \_\_\_\_\_ there are several gyms, they are not open to children under the age of 16. (4) \_\_\_\_\_ making these facilities available to adults only, gyms could be encouraged to welcome children at certain times. Our local parks used to be a great place for children to play sports with their friends. (5) \_\_\_\_\_, they are not being maintained properly so it is not a good environment for them. There used to be a team of gardeners and maintenance staff, (6) \_\_\_\_\_ now there is only one person looking after all the parks. I suggest we make improvements to our town to give our children a healthier future.

## VOCABULARY

Complete the second sentence with a phrase from Unit 1 of the Student's book so that it has a similar meaning to the first sentence. Use between two and five words for each sentence, including the word in bold.

- 1 It is important to monitor how you're doing.  
**KEEP**  
Always try to \_\_\_\_\_ your progress.
- 2 Unfortunately, I just couldn't run as fast as them.  
**KEEP**  
Unfortunately, I just couldn't \_\_\_\_\_ them.
- 3 You should try to reduce the amount of sugar in your diet.  
**DOWN**  
It is a good idea to \_\_\_\_\_ on sugar.
- 4 We weren't sure whether our team would win.  
**TOUCH**  
It was \_\_\_\_\_ whether our team would win.
- 5 I stay fit by running three times a week.  
**SHAPE**  
I \_\_\_\_\_ by running three times a week.

## PUSH YOURSELF C1

Read the sentences and use the context to match the underlined words to their meanings.

- 1 I am interested in taking a course in nutrition as I think we all need to watch what we eat.
  - 2 If you are going to run a marathon, you need to improve your stamina.
  - 3 It is important to eat plenty of fruit and vegetables to help your digestion.
  - 4 If you have bad posture, you can suffer from back problems.
  - 5 I think it is important to find a form of exercise that combines both physical and mental well-being.
- A** Health and happiness  
**B** Food and the effect it has on health  
**C** The process in which the body breaks down food  
**D** The ability to keep going for a long time  
**E** The way someone sits, stands or holds themselves