

- 7 Look at the examples from Activity 1 and complete the rules with **-ing** or **-ed**.

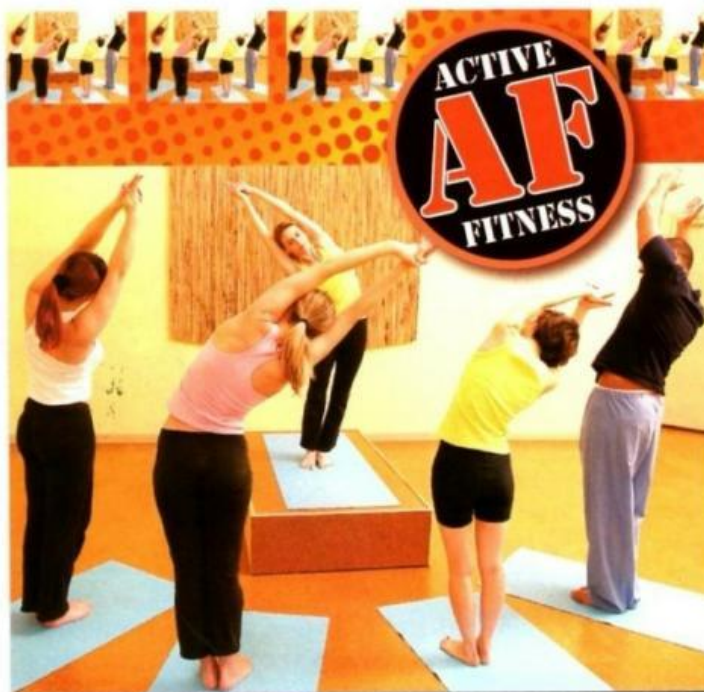
Exercise needn't be **boring**.

You'll feel really **relaxed** afterwards.

Don't get too **tired**.

- 1 _____ adjectives describe people or situations.
2 _____ adjectives describe how they make you feel.

- 8 Complete the text with an adjective form of the word in brackets.



How often have you started an exercise programme but stopped after a few weeks because you got (1) _____ (**bore**)? At Active Fitness we offer a wide range of sport and fitness facilities, so there's always something to keep you (2) _____ (**interest**). Our highly-qualified staff know how to design (3) _____ (**excite**) programmes that will keep you (4) _____ (**satisfy**) week after week. After a session with us you'll feel (5) _____ (**relax**) and ready to face the world. And we have a final promise - if you join and find our facilities (6) _____ (**disappoint**) in any way, we'll give you your money back. So call today for a free trial - you won't regret it!