

Homework

 Read the text below. Select a picture to answer the question.

Team sports

Do you enjoy team sports? Do you play baseball, cricket or hockey?

If so, we'd like to hear from you!

Which is the correct picture for the text?



Read the review of an exercise app. Choose the correct word to complete the summary.

The writer thinks people **should** / **shouldn't** try it.

Read the review again. Choose the opinions (1–8) that the writer gives.

- 1** Some free apps are better than this app.
- 2** It's good that people can try the app for free.
- 3** The cost of the app is fine.
- 4** You feel like you're at a real-life exercise class.
- 5** The app is good for people with busy lives.
- 6** There are only a few types of exercise class.
- 7** The information about healthy eating isn't useful.
- 8** The app is for people who want to exercise hard.

Read the review again. Are the statements True (T) or False (F)?

- 1** The app is free for the first month.
- 2** All the exercises classes are live.
- 3** The app has lots of different exercise classes.
- 4** Exercise classes are no longer than an hour.
- 5** It's hard to find the right exercise classes for you.
- 6** On your phone, you can do an exercise class from the app or listen to your own music, but not both.



REVIEWS

FITNESS@pp

Health apps are very popular and new ones come out all the time. FITNESS@pp is one of those new apps. Its purpose is to help people do exercise and live a healthy life. So, why should you get the app?

Well, firstly, it's free for fourteen days, so you can try it before you pay the full £15 monthly cost. I think this is important because it stops some people from wasting money. There are cheaper apps, but FITNESS@pp has a lot to offer and the cost seems good to me.

There are live exercises classes every day – fifteen of them. These are great because you can feel part of a real class when you're actually at home. There are also hundreds of video lessons to choose from. It means that busy people like me can exercise at any time of the day.

There are many different types of classes, from ten-minute lessons to sixty-minute ones, from yoga to t'ai chi to using an exercise bike. Some are easy, but many of them are quite hard. This app probably isn't for people who just want easy exercise.

When you start using the app, you answer some questions and the app suggests some exercise classes for you. This helps you to find the right classes easily. The app sends you a message thirty minutes before a live class, so you remember it's happening. It also sends you 'well done' messages after a class, which made me feel good and like I wanted to do more! The app is mostly easy to use.

As well as exercise classes, there is also help with choosing healthy food to eat. The information comes from doctors and other people who understand health well. The advice is good and there are some great meal ideas. I like the fact that the app helps me to stay healthy and also to find food I can enjoy.

The app isn't perfect. I can't play my own music on my phone and use the app at the same time, but there's lots to enjoy. I think anyone interested in exercise should give the fourteen free days a try.