Gyms are extremely popular these days, and can be found in hotels and health clubs everywhere. Many people go for a work-out in the gym as often as possible, but in my opinion, there are better ways of keeping fit.

Firstly, I think that gyms can be quite dangerous. They contain many hi-tech machines. It is true that these machines are effective at improving your fitness. However, if you don't know how to use them properly, they can do you harm. People may hurt themselves if they try to pick up heavy weights too quickly, or use running machines at speeds that are too fast.

In my view, gyms are also too expensive. Hotels and health clubs charge huge fees to cover the cost of running the gym. However, there is no need to spend a lot of money on joining a gym. I believe that you can get more enjoyable exercise that is free, for example, playing football on the beach, swimming in the sea, cycling or jogging.

Furthermore, I don't think that gyms are relaxing places. They look cool and attractive, but they are often noisy because of the machines. Many gyms also play loud music. In addition, you may have to drive a long way to get to the gym. This can be very stressful if there is traffic congestion. If the gym is in a built-up public area, it may also be difficult to find somewhere to park.

For all the above reasons, I feel that gyms are not the best way to get exercise. There are other forms of exercise which are less dangerous, less expensive and less stressful.

Source: Framework (Harrison, R.) Canford Publishing 2015

1. What kind of essay is this? Tick the correct box. Be prepared to give reasons for your answer.

   ☐ narrative ☐ interactive ☐ informative ☐ evaluative

2. What is the writer's purpose in the essay? Tick the correct box.

   a. to describe a problem ☐ b. to give some facts ☐

   c. to give an opinion ☐ d. to persuade someone ☐

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