



Health and fitness

1a

Read 1–4 and match with the correct response, a–d.

1. I try my best to eat well and get plenty of rest.

a So have I.

2. I can't run very far without getting out of breath.

b Nor do I.

3. I don't think you should exercise immediately after eating.

c So do I.

4. I've just made a healthy eating and exercise plan.

d Neither can I.

1b

Now write four sentences about health and fitness to give B's responses.

1. A: B: So can I.

2. A: B: Nor have I.

3. A: B: Neither do I.

4. A: B: Nor can I.

2

Match definitions 1–8 with phrases from the box.

break a record

burn out

do someone good

get out of breath

keep in shape

push yourself

warm up

work out

1. become very tired from doing too much
2. make yourself work very hard to achieve something
3. do something better than anyone else
4. get ready by exercising gently
5. be breathing quickly because of doing exercise
6. do exercise in order to improve strength
7. stay healthy and physically strong
8. have a positive effect on someone



 **Exam task****3**

 **Track 3** You will hear people talking in eight different situations. For questions 1–8, choose the best answer (A, B or C).

1. You hear a teacher talking to her class.
What is she doing?
A explaining the results of a competition
B thanking them for taking part in an event
C encouraging them to complete a challenge
2. You hear two friends talking about learning to ski.
What do they agree about?
A how much fun the classes are
B how difficult it is to learn the techniques
C how physically tiring the activities can be
3. You hear a sports instructor talking to an athletics class.
What does he say about the current long jump record?
A It hasn't been broken for a long time.
B It will be difficult to break.
C It's something he has tried to break himself.
4. You hear a girl telling a friend about lessons on eating and exercising that she has done at school.
How does she feel about what she has learned?
A doubtful that some of the advice will benefit her
B surprised by some of the information
C keen to try out a suggestion
5. You hear a student talking to his sports teacher about getting fit.
What would the boy like to do?
A take part in a competitive sport
B use some gym equipment
C find a training partner
6. You hear two friends talking about a TV programme they have watched.
What does the woman think about it?
A It contained some useful tips.
B It raised surprising arguments.
C It discussed interesting new research.
7. You hear an expert talking about what being healthy really means.
She believes that many people have a mistaken idea about
A how important social contact is.
B how much exercise they need.
C how important it is to have a good diet.
8. You hear a fitness expert talking about warming up before exercise.
He says that people don't always warm up because they
A have not been educated about its importance.
B want their exercise sessions to be quick.
C don't enjoy preparation exercises.

 **Get it right!**

Look at the sentences below. Then try to correct the mistake.

I know you don't like sports. So do I.