



Mi Universidad

Ejercicios.

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Nombre del tema: HOW OFTEN DO YOU EXERCISE?

Parcial: Cuarto.

Nombre de la Materia: Inglés V.

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Nombre de la Licenciatura: Licenciatura en Enfermería.

Cuatrimestre: Cuarto.

Workbook

How often do you exercise?

Om

1

Complete the chart. Use words from the box.
(Some of the words can be both individual sports and exercise.)

aerobics	football	swimming
baseball	jogging	tennis
basketball	stretching	volleyball
bicycling	soccer	yoga



Team sports	Individual sports	Exercise
baseball	Bicycling.	Aerobics.
Basketball.	Swimming.	Jogging.
Football.	Tennis.	Stretching.
Soccer.		Yoga.
Volleyball.		



Om

2

Arrange these words to make sentences or questions.

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- go never I almost bicycling
I almost never go bicycling .
- hardly they tennis play ever
They hardly ever play tennis. .
- go do often jogging how you
How often do you go jogging? ?
- often mornings do on we yoga Sunday
We often do yoga on Sunday mornings. .
- ever Charlie do does aerobics
Does Charlie ever do aerobics? ?
- do on you what usually Saturdays do
What do you usually do on Saturdays? ?

3 Use these questions to complete the conversations.
 How often do you ... ? Do you ever ... ? What do you usually ... ?

1. A: Do you ever exercise?
 B: Yes, I often exercise on weekends.
2. A: How often do you go to karate and yoga?
 B: Well, I usually do karate on Saturdays and yoga on Sundays.
3. A: Do you always go to the gym after work?
 B: No, I never go to the gym after work.
4. A: Do you usually exercise?
 B: I don't exercise very often at all.
5. A: What do you often do on the weekends?
 B: Yes, I sometimes play sports on weekends – usually baseball.
6. A: Do you usually play in your spare time?
 B: I usually play tennis in my free time.

4 Keeping fit?

A Check (✓) how often you do each of the things in the chart.

	Every day	Once or twice a week	Sometimes	Not very often	Never
do aerobics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
play basketball	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
go jogging	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
do karate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
play soccer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
go swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
do weight training	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

B Write about yourself using the information in the chart.

Well... I often play basketball on weekends with my family as it is one of our favorite
games. Sometimes in my spare time I do weight lifting. I do very little exercise because it makes
me lazy and I don't usually go jogging or swimming because they won't let me out. I've never
done aerobics in my life. I have never practiced karate although it always caught my attention
and about football because I just never liked it.