



**Mi Universidad**

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**CUATRIMESTRE:** 4 cuatrimestre

UNIT IV. HOW OFTEN DO YOU EXERCISE?  
WORKBOOK

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

- aerobics    #football    xswimming  
baseball    xjogging    /tennis  
xbasketball    stretching    xvolleyball  
x bicycling    x soccer    x yoga



Team sports	Individual sports	Exercise
baseball	bicycling	aerobics
basketball	stretching	jogging
soccer		yoga
Football		swimming
Volleyball		
tennis		



2 Arrange these words to make sentences or questions.

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

3

Use these questions to complete the conversations.

How often do you ... ? Do you ever ... ? What do you usually ... ?

con que frecuencia alguna vez que haces usualmente.

1. A: Do you ever exercise?  
B: Yes, I often exercise on weekends.
2. A: What do you usually do?  
B: Well, I usually do karate on Saturdays and yoga on Sundays.
3. A: Do you ever go to the gym after work?  
B: No, I never go to the gym after work.
4. A: How often do you exercise?  
B: I don't exercise very often at all.
5. A: What do you usually do on weekends?  
B: Yes, I sometimes play sports on weekends – usually baseball.
6. A: What do you usually do?  
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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
play basketball	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
go jogging	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
do karate	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
play soccer	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
go swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
do weight training	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

B Write about yourself using the information in the chart.

I like basketball and soccer but I hardly practice any sport, rarely exercise

UDS

**5** Complete this conversation.  
Write the correct prepositions in the correct places.

Susan: What time do you go jogging <sup>in</sup> the morning? (around / in / on)

Jerry: I always go jogging <sup>at</sup> 7:00. (at / for / on)

How about you, Susan?

Susan: I usually go jogging <sup>in</sup> the morning. (around / in / with)

I jog <sup>about</sup> an hour. (at / for / until) *nasta 4*

Jerry: And do you also play sports your <sup>in</sup> free time? (at / in / until)

Susan: No, I usually go out <sup>with</sup> my classmates. (around / for / with)

What about you?

Jerry: I go to the gym <sup>on</sup> Mondays and Wednesdays. (at / on / until)

And sometimes I go bicycling <sup>on</sup> weekends. (for / in / on)

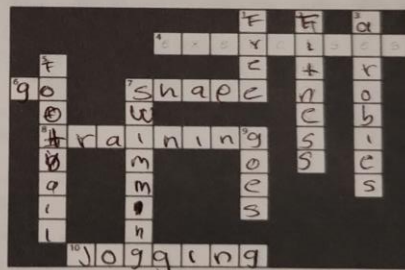
Susan: Wow! You really like to stay in shape.



**6** Complete the crossword puzzle.

**Across**

- 4 Pierre never exercise. He's a real couch potato.
- 6 How often do you go yoga?
- 7 I like to stay in shape. I play sports every day.
- 8 Jeff does weight training every evening. He lifts weights of 40 kilos.
- 10 Diana goes jogging twice a week. She usually runs about three miles.



**Down**

- 1 Andrew always watches TV in his free time.
- 2 Kate has a regular fitness program.
- 3 I do aerobics at the gym three times a week. The teacher plays great music!
- 5 Paul is on the football team at his high school.
- 7 Marie never goes swimming when the water is cold.
- 9 Amy often goes bicycling on weekends.

**8** Choose the correct responses.



1. A: How often do you go swimming, Linda?  
B: Once a week.
- I guess I'm OK.
  - Once a week.
  - About an hour.
2. A: How long do you spend in the pool?  
B: about 45 minutes
- About 45 minutes.
  - About average.
  - About three miles.
3. A: And how well do you swim?  
B: I almost never do.
- I'm not very well.
  - I almost never do.
  - I'm about average.
4. A: How good are you at other sports?  
B: I sometimes play twice a week.
- Not very good, actually.
  - I sometimes play twice a week.
  - Pretty well, I guess.

**9** Look at the answers. Write questions using how.

1. A: How long do you spend exercising?  
B: I don't spend any time at all. In fact, I don't exercise.
2. A: How often do you \_\_\_\_\_ for a walk?  
B: Almost every day. I really enjoy it.
3. A: How long do you jog. \_\_\_\_\_  
B: I spend about an hour jogging.
4. A: How good are you \_\_\_\_\_ at soccer?  
B: I'm pretty good at it. I'm on the school team.
5. A: Do you like basketball \_\_\_\_\_  
B: Basketball? Pretty well, I guess. I like it a lot.

**10** Rewrite these sentences. Find another way to say each sentence using the words given.

- I don't watch TV very much.  
I hardly ever watch TV. (hardly ever)
- Tom exercises twice a month.  
Tom not very often exercises twice a month. (not very often)
- Philip tries to keep fit.  
stay in shape Philip tries to keep fit. (stay in shape)
- Jill often exercises at the gym.  
Jill often exercises work out at the gym. (work out)
- I go jogging with my wife all the time.  
I go jogging always with my wife all the time. (always)
- How good are you at tennis?  
How good are you at play tennis? (play)

**11** What do you think about sports? Answer these questions.

- Do you like to exercise for a short time or a long time?  
I don't always exercise
- Do you prefer exercising in the morning or in the evening?  
I would exercise in the morning
- Which do you like better, walking or jogging?  
I like walking more
- Do you like to watch sports or play sports?  
I like sports
- Which do you like better, team sports or individual sports?  
Team sports
- How good are you at games like basketball or tennis?  
not very good
- What sport or game don't you like?  
The basketball, tennis, volleyball.

