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area

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 ✓ | swimming ✓ |
| baseball ✓ | jogging ✓ | tennis ✓ |
| basketball ✓ | stretching ✓ | volleyball ✓ |
| bicycling ✓ | soccer ✓ | yoga ✓ |



Team sports	Individual sports	Exercise
baseball basketball soccer volleyball (canis) Football	bicycling swimming stretching jogging	yoga aerobics



2 Arrange these words to make sentences or questions.

1. go never I almost bicycling
I almost never go bicycling.
2. hardly they tennis play ever
they hardly ever play tennis.
3. go do often jogging how you
how do you often go jogging?
4. often mornings do on we yoga Sunday
We often do on yoga mornings Sunday.
5. ever Charlie do does aerobics
Charlie do aerobics does ever?
6. 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: What do you usually do on Weekends?
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 do exercise?
B: I don't exercise very often at all.
5. A: do you ever play sports on Weekends?
B: Yes, I sometimes play sports on weekends - usually baseball.
6. A: What do you usually do in your free 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 type="checkbox"/>	<input checked="" 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 checked="" type="checkbox"/>	<input 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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input 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 type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

B Write about yourself using the information in the chart.

I never do aerobics, and do karate and do weight training, but sometimes play basketball and go jogging, and play soccer, but not very often go swimming "when the occasion dictates" and exercise.

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

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

Jerry: I always go jogging ^{at} 7:00. (at / for / on)

How about you, Susan?

Susan: I usually go jogging ^{around} noon. (around / in / with)

I jog ^{for} about an hour. (at / for / until)

Jerry: And do you also play sports ^{with} your free time? (at / in / until)

Susan: No, I usually go out ^{with} my classmates. (around / for / with)

What about you?

Jerry: I go to the gym ^{on} Mondays and Wednesdays. (at / on / until)

And sometimes I go bicycling ^{on} weekends. (for / in / on)

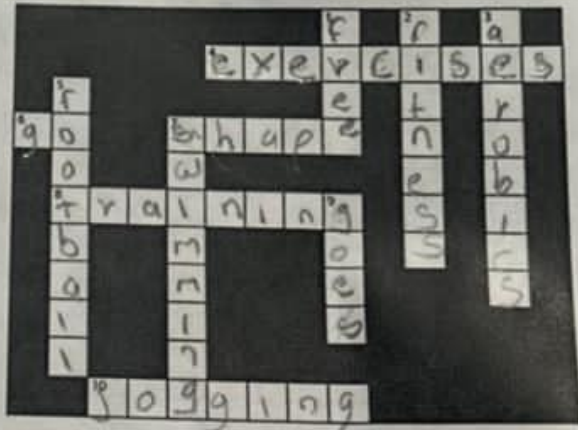
Susan: Wow! You really like to stay in shape.



6 Complete the crossword puzzle.

Across

- 4 Pierre never exercises 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 aerobic 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'm about average.
- I'm not very well.
 - I almost never do.
 - I'm about average.
4. A: How good are you at other sports?
B: Not very good, actually.
- 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 many days do you go 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: how much do you like the basketball
B: Basketball? Pretty well, I guess. I like it a lot.

force

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

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

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

1. Do you like to exercise for a short time or a long time?
I like to exercise for a short time
2. Do you prefer exercising in the morning or in the evening?
I prefer in the evening
3. Which do you like better, walking or jogging?
I like walking or jogging
4. Do you like to watch sports or play sports?
I like play sports
5. Which do you like better, team sports or individual sports?
I like team sports
6. How good are you at games like basketball or tennis?
I'm not very good
7. What sport or game don't you like?
I like basket ball

