

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 type="checkbox"/>
play basketball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
exercise	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
go jogging	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
do karate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
play soccer	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
go swimming	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
do weight training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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 7:00. (at / for / on)

How about you, Susan?

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

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

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

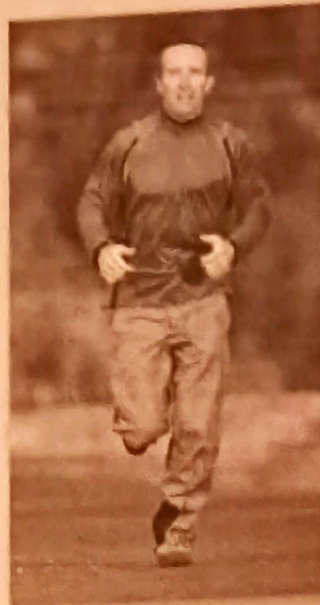
Susan: No, I usually go out my classmates. (around / for / with)

What about you?

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

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

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



6 Complete the crossword puzzle.

Across

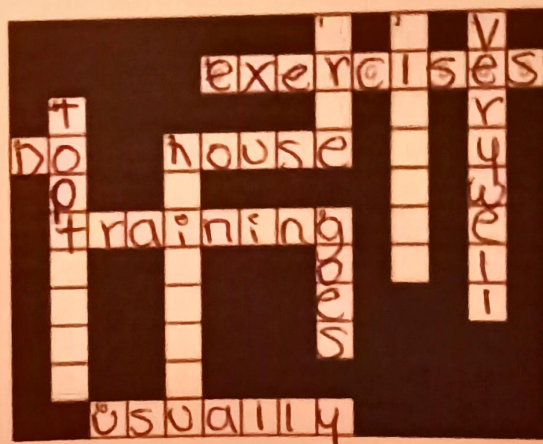
4 Pierre never exercises. He's a real couch potato.

6 How often do you do yoga?

7 I like to stay in house. I play sports every day.

8 Jeff does weight training every evening. He lifts weights of 40 kilos.

10 Diana goes usually twice a week. She usually runs about three miles.



Down

1 Andrew always watches TV in his free time.

2 Kate has a regular linear program.

3 I do very well at the gym three times a week. The teacher plays great music!

5 Paul is on the top team at his high school.

7 Marie never goes swimming when the water is cold.

9 Amy often goes bicycling on weekends.