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## 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
football soccer basketball volleyball	Tennis jogging swimming bicycling aerobics	yoga stretching



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 ever hardly tennis play
- go do often jogging how you  
Do you how often go jogging?
- often mornings do on we yoga Sunday  
We do yoga often on mornings Sunday.
- ever Charlie do does aerobics  
Charlie does 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: What do you usually do on the weekend?  
B: Well, I usually do karate on Saturdays and yoga on Sundays.
3. A: Do you 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 the weekend?  
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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input 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 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 type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
go swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input 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.

I am a person who does not like to play sports, without me, but there are exceptions such as going to the gym since I live to carry weight and from time to time I like to go running.

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**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 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 in the gym every evening. He lifts weights of 40 kilos.  
 10 Diana goes to row twice a week. She usually runs about three miles.



**Down**

- 1 Andrew always watches TV in his free time.  
 2 Kate has a regular exercise program.  
 3 I do \_\_\_\_\_ at the gym three times a week. The teacher plays great music!  
 5 Paul is on the soccer team at his high school.  
 7 Matt never gives to battle when the water gets hot!  
 9 Amy likes to go 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 15 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: Every time you exercise for a walk?  
 B: Almost every day. I really enjoy it.
3. A: You like jogging  
 B: I spend about an hour jogging.
4. A: You play soccer? at soccer?  
 B: I'm pretty good at it. I'm on the school team.
5. A: You like to play 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.

1. I don't watch TV very much.  
I hardly ever watch TV. \_\_\_\_\_ (hardly ever)
2. Tom exercises twice a month.  
Tom doesn't exercise very often. \_\_\_\_\_ (not very often)
3. Philip tries to keep fit.  
Philip knows how to keep fit. \_\_\_\_\_ (stay in shape)
4. Jill often exercises at the gym.  
Jill works out at the gym. \_\_\_\_\_ (work out)
5. I go jogging with my wife all the time.  
I always go jogging. \_\_\_\_\_ (always)
6. How good are you at tennis?  
I like playing 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?  
Short time
2. Do you prefer exercising in the morning or in the evening?  
The evening
3. Which do you like better, walking or jogging?  
Walking
4. Do you like to watch sports or play sports?  
Play sports
5. Which do you like better, team sports or individual sports?  
Individual sports
6. How good are you at games like basketball or tennis?  
Very bad
7. What sport or game don't you like?  
I don't like sports

