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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
baseball	bicycling	Yoga
Football	Swimming	stretching
Soccer	Aerobics	Jogging
Volleyball		bicycling
Tennis		
basketball		



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 play tennis hardly ever

3. go do often jogging how you

How often do you go jogging?

4. often mornings do on we yoga Sunday

We often do yoga on mornings Sunday

5. ever Charlie do does aerobics

Charlie does aerobics do ever?

6. do on you what usually Saturdays do

What usually do you do 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 exercise do you usually do?

B: Well, I usually do karate on Saturdays and yoga on Sundays.

3. A: Do you ever go 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: How often do you play sports on weekends?

B: Yes, I sometimes play sports on weekends - usually baseball.

6. A: What sport 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 checked="" 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 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 checked="" 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 checked="" 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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

B Write about yourself using the information in the chart.

One of the things I like to do the most is running, but I rarely do it because I don't have much free time, and when I do have it, I also sometimes exercise or play some sports.

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.

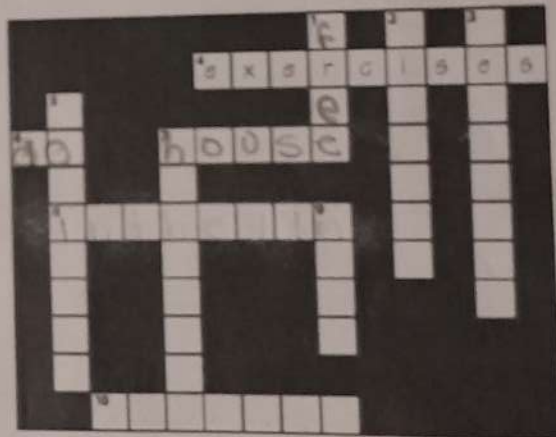


ER

6 Complete the crossword puzzle.

Across

- 4 Pierre never _____. 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 lifting every evening. He lifts weights of 40 kilos.
- 10 Diana goes _____ twice a week. She usually runs about three miles.



Down

- 1 Andrew always watches TV in his free time.
- 2 Kate has a regular _____ program.
- 3 I do _____ at the gym three times a week. The teacher plays great music!
- 5 Paul is on the _____ team at his high school.
- 7 Marie never goes _____ when the water is cold.
- 9 Amy often _____ 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 not very well

- 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 often do you go? for a walk?

B: Almost every day. I really enjoy it.

3. A: How long do you run?

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 well do you 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.

- I don't watch TV very much.
I hardly ever watch TV. (hardly ever)
- Tom exercises twice a month.
Tom doesn't exercise very often. (not very often)
- Phillip tries to keep fit.
Phillip tries to stay in shape. (stay in shape)
- Jill often exercises at the gym.
Jill usually works out in the gym. (work out)
- I go jogging with my wife all the time.
I always go jogging with my wife. (always)
- How good are you at tennis?
How well do you 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?
for a long time
- Do you prefer exercising in the morning or in the evening?
in the morning
- Which do you like better, walking or jogging?
I like better jogging
- Do you like to watch sports or play sports?
I like play sports
- Which do you like better, team sports or individual sports?
I like better team sports
- How good are you at games like basketball or tennis?
I don't practice it
- What sport or game don't you like?
baseball

