**Unit 8: Exercise 1**

Match the sentence halves.

|  |
| --- |
| Basketball cycling go for a walk go to the gym running tennis yoga |

|  |  |
| --- | --- |
| 1. C:\Users\MRA\Desktop\fole\1.jpg |  |
| 2. C:\Users\MRA\Desktop\fole\2.jpg |  |
| 3. C:\Users\MRA\Desktop\fole\3.jpg |  |
| 4. C:\Users\MRA\Desktop\fole\4.jpg |  |
| 5. C:\Users\MRA\Desktop\fole\5.jpg |  |
| 6. C:\Users\MRA\Desktop\fole\6.jpg |  |
| 7.C:\Users\MRA\Desktop\fole\7.jpg |  |

## ****Unit 8: Exercise 2****

Complete the sentences with the verbs in the box.

|  |
| --- |
| Do drink drink eat get get go join play |

1. It can be expensive to \_\_\_\_\_\_\_\_\_\_ a gym, but they often have a lot of modern equipment.
2. It is very important to \_\_\_\_\_\_\_\_\_\_\_\_ plenty of water whenever you \_\_\_\_\_\_\_\_\_\_\_\_ exercise.
3. I \_\_\_\_\_\_\_\_\_\_ lots of fruit and vegetables and do yoga twice a week.
4. It is a good idea to have a personal trainer to \_\_\_\_\_\_\_\_\_\_\_\_ advice about living healthily.
5. I play tennis three times a week and \_\_\_\_\_\_\_\_\_\_\_\_ for walks in the park.
6. It is important to \_\_\_\_\_\_\_\_\_\_\_ lots of sleep every night.
7. When you \_\_\_\_\_\_\_\_\_\_\_\_ green tea, it can help you relax.
8. Many young people \_\_\_\_\_\_\_\_\_\_\_\_ a sport or do exercise at school.

## ****Unit 8: Exercise 3****

Read the conversations. Correct the underlined mistakes.

1.

**A:**  What you should eat to be healthy?

**B:**  It is important to eat lots of fruit and vegetables.

2.

**A:** It is important to exercise?

**B:**  Yes, you should to exercise for at least 30 minutes every day.

3.

**A:**  Is it a good idea to play computer games for many hours?

**B:**  No, you should play on your computer for so long.

4.

**A:** You have any other advice about being healthy?

**B:**  I think you should find ways to relax.

5.

**A:**  What is the best way to relax?

**B:**  I like doing yoga. I think you shouldn’t try it.

## ****Unit 8: Exercise 4****

Complete the sentences using should or shouldn’t / should not and one verb from the box.

|  |
| --- |
| **Drink eat get play ride watch** |

**A:**  Did you see that programme last night about how to stay healthy? I learnt so much.

**B:**  Really? I didn’t see it. Did you think it was interesting?

**A:**  Yes, it had lots of useful suggestions. Do you know we \_\_\_\_\_\_\_\_\_\_\_\_\_ five glasses of water a day? I never normally have that much but I’ll try from now on.

**B:**  That’s a good idea. I always think I \_\_\_\_\_\_\_\_\_\_\_\_\_\_ more sleep. Did it mention anything about sleep?

**A:**  Yes, it said we should sleep for at least eight hours, however, it’s not always possible.

**B:**  I only sleep for about seven hours, so I think I should go to bed earlier.

**A:**  Yes, it will give you more energy. The other thing it warned against was watching too much TV. It said we \_\_\_\_\_\_\_\_\_\_\_\_\_ more than two to three hours a day.

**B:**  Did it mention what activities are good for you?

**A:**  Well, any exercise is good. You \_\_\_\_\_\_\_\_\_\_\_\_\_ sport at school if you like it. If not, you \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a bicycle or walk to school instead of going by bus or car.

**B:**  What about food? Did it give any advice about healthy eating?

**A:**  Yes, and I think this was the most important piece of advice. We \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ fast food more than once a week and make sure we eat at least five pieces of fruit and vegetables a day.

## ****Unit 8: Exercise 5****

Read the sentences. Choose the correct answers.

1. We have to/don't have to wear sports clothes during sport lessons otherwise we can’t take part.
2. You have to/don't have to pass a swimming test to be a lifeguard at the swimming pool.
3. You have to/don't have to be fit to do yoga because anyone can try it.
4. You have to/don't have to spend a lot of money to stay healthy. You can go running in the park for free.
5. We have to/don't have to wear special shoes when we play football. Otherwise, it is difficult to run.
6. You have to/don't have to join the gym to take exercise classes, but they cost less for members.
7. Professional sports players have to/don't have to practise for at least three hours a day.
8. You have to/don't have to be good at sports to stay fit, but regular physical activity is good for you.

## ****Unit 8: Exercise 6****

Complete the conversation with should or shouldn’t.

|  |
| --- |
| Should shouldn't |

**A:**I enjoy playing tennis but I want to improve. What \_\_\_\_\_\_\_\_\_\_\_ I do?

**B:**My advice is you \_\_\_\_\_\_\_\_\_\_\_ practise as much as possible. How often do you play?

**A:**  Twice a week at the moment. Is that enough?

**B:**  No, you \_\_\_\_\_\_\_\_\_\_\_\_ train more often. I don’t think it’s possible to improve if you don’t play more.

**A:**  I thought I \_\_\_\_\_\_\_\_\_\_\_\_ have rest days when I don’t practise. Do you think I need to play every day then? Is it really necessary?

**B:**  Maybe not every day, but you \_\_\_\_\_\_\_\_\_\_\_\_ just play twice a week – that’s not enough. That’s my advice. Also, it’s a good idea to get help from someone who can teach you. I think you \_\_\_\_\_\_\_\_\_\_\_ have tennis lessons.

## ****Unit 8: Exercise 7****

Complete the texts with have to or don’t have to.

|  |
| --- |
| Don't have to have to |

1. At school, there are some new rules. The most important one is that we \_\_\_\_\_\_\_\_\_\_\_\_\_\_ turn off our mobile phones before the lesson. However, unlike most schools, we \_\_\_\_\_\_\_\_\_\_\_\_\_\_ wear school uniform every day. We can wear our own clothes.
2. At university, students can come to classes at whatever time they want. They \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ come into class every morning. It is their choice. However, the university gives advice to students about being on time. If they are going to be late, they \_\_\_\_\_\_\_\_\_\_\_\_\_ send an email to their teacher.

## ****Unit 8: Exercise 8****

Match the sentence halves.

|  |
| --- |
| yoga than go to the gym. for a personal trainer. great way to keep fit. running with other people. a healthy diet. can be expensive. |

|  |  |
| --- | --- |
| 1. It is a good idea to pay |  |
| 2. Joining the gym |  |
| 3. It is more fun when you go |  |
| 4. It is important to follow |  |
| 5. I think it’s better to do |  |
| 6. Running is a |  |