

Nombre: _____

1. Read and answer the questions.

Preston Phillips is a successful young businessman who has been working very hard for the past years and as a consequence has suffered from a lot of stress and has had some health problems. The doctor recommended he should do some exercise in order to feel better and he has given Preston the following article to read.



HOW CAN I GET FIT ?

Physical Exercise

We all need exercise. This is as true for young people in their teens as it is for adults from 20 to 80. Regular exercise temporarily tires the body but then actually gives you more energy. This is why many people who are usually tired can benefit from taking more exercise rather than more rest (as long as there are no medical reasons for fatigue). Exercise makes you feel and look better and can also help you lose weight because it burns up fat or food to produce energy.

Do I get enough exercise?

In the past, most people used to get enough exercise in their working lives to stay reasonably fit. But nowadays nearly everyone – especially those who sit down most of the day – should make a conscious effort to set time aside for regular exercise. If you are over 40, or if you have recently had a serious illness, it is a good idea to visit your doctor before starting a regular exercise routine.

How much exercise do I need?

The important thing is to know what kind of exercise is suitable for you. It is best to start with little exercise and to increase gradually.

Here are some useful general rules:

- 1) Exercise until you are pleasantly tired. Don't exercise until you become exhausted. This can do you more harm than good if you aren't used to regular and prolonged exercise.
- 2) Take short exercise periods of 15-20 minutes. Four or five times a week should be enough.
- 3) The best all-round exercise involves repeated, easy movements: walking, jogging, swimming and cycling are all good examples.

Results of exercise

You should soon begin to feel the results of regular exercise and will enjoy these benefits.

- Improved physical and mental energy at work or at school
- Improved sleep and easier relaxation
- Improved physical appearance
- Less risk of illness and disease as you get older.



1) What are the benefits of physical exercise?

2) How did people use to get fit in the past?

3) What has changed now?

4) When do you need to consult a doctor?

5) Why shouldn't you over-exercise?

2. Read this passage about Preston Phillips and complete the blanks with the appropriate tense. Whenever you see a + add a modal verb.

LIFESTYLES: Preston Phillips

The price of success

Preston Phillips is a successful young businessman. He was born in 1969 in the small town of Davison, Michigan, where his father _____ (own) a farm. He attended a religious school until he was 14 and then he _____ (transfer) to Davison High School. Phillips soon _____ (develop) an interest in business and when he turned 20 he _____ (create) his first company with a school classmate. The company made computer games and it _____ (be) now one of the largest in the market. It continually opens new shops. As a matter of fact, it _____ (grow) so much lately that it has branches in five different countries. However, Preston is so ambitious that he continues working very hard. He _____ (already/start) three more businesses and right now he _____ (work) on a special project to make software for blind people.

Although his professional life is going very well, his personal life is not. He _____ (already/divorce) twice and he _____ (now/have) problems with his third wife, Sharon, who claims he is a workaholic and he never has time for his family. She complains because since 1999 Preston _____ (never/spend) a holiday with his family and he _____ (never/take) his wife out to the theater because he always _____ (work) 18 hours a day.

As a result of his obsession with work, Preston has had serious health problems. One month ago, while he _____ (talk) on the phone with a banker, he _____ (have) a mild heart attack. His wife told him he _____ (+ stop) working so hard and said that if he _____ (not/change) his lifestyle, she _____ (+ leave) him.

Now Preston has already started to work out and to follow a healthy diet but this is not enough. The doctor recommended he should live in a more peaceful place, so he and his wife have decided _____ (move) back to the country, near the place where he grew up as a child. They _____ (move) next month.

3. Read the following article and fill in the blanks with a suitable linking word.

People who live in the city complain _____ there is too much traffic and there are not enough parking spaces. The problem with traffic is not only the number of cars _____ also the noise cars make. In some neighbourhoods it can be so loud _____ it can damage your hearing. In addition _____ this, traffic also contributes to air pollution. Of _____ factories also play a major role in the problem. _____ there are alternative energy sources, the one most widely used is energy extracted from fossil fuels, _____ is the one that causes greater pollution. Other problems with major cities is that there is too much crime, and the cost of living is not as low _____ in the country. Crime has increased dramatically in urban areas in the last 30 years. _____ urbanization continues as predicted, there will be more and more problems.

_____, there are still many reasons for living in a city. Some of the advantages of living in such a place include easy access to hospitals, theatres and schools. There are also many more shopping centers and department stores than in rural areas.

4. Preston has decided to join a gym. Read the following conversation and fill in the blanks with one word only.

Beth: Hello. Reception said that you wanted a word with me

Preston: That's right. I'm interested _____ joining your gym. What should I do?

Beth: First, you must fill in this form. It asks details _____ your state of health. We want to be sure that you're fit _____ to use the gym.

Preston: OK ... I have a slight heart problem. I had a mild heart attack a month _____.

Beth: Well, you really should tell the instructor about that, then he'll make sure that your fitness programme takes account of that.

Preston: Fitness programme?

Beth: Yes, if you join you _____ supposed to have a first session with one of our fitness instructors _____ will design a programme suitable for you.

Preston: Is there anything else I _____ know?

LEVEL A5

PAPER 1 / 14

Beth: Let's see ... There are some rules, but they are pretty obvious. Of course, everyone _____ wear appropriate clothes and footwear.

Preston: And are there any restrictions? Like having _____ book time ahead?

Beth: No. You can use the gym _____ it's open.

Preston: OK. I'll think about it. Thanks.

5. Preston is talking to his business partner, Tom, about the changes in his lifestyle. Complete the conversation.

TOM: You look much better than last month, Preston. _____ ?

PRESTON: Well, I've been exercising a little. The doctor and Sharon advised me to work out.

TOM: _____ ?

PRESTON: I started two weeks ago and I already feel much better.

TOM: _____ ?

PRESTON: Three times a week. I've also changed my diet quite a lot.

TOM: _____ ?

PRESTON: Less meat and more vegetables and fruits. The usual healthy diet.

TOM: I haven't seen you at the gym. _____ ?

PRESTON: In the park near my house; I like being outdoors. I still live near Coconut Grove, remember?

TOM: _____ ?

PRESTON: Next month probably. We are still repairing the house we bought.

TOM: _____ ?

PRESTON: Near Davison, in Michigan.

TOM: _____ as a child?

PRESTON: Yes, it is about 20 miles from my parents' house.

TOM: _____ ?

PRESTON: Not much, it was quite cheap. It was old and we had to fix a lot of things.

TOM: You must be nervous about the change. And Sharon too. _____ in the country?

PRESTON: Oh, no! It is the first time for her!

6. Composition. Write about 80 - 100 words on one of the following:

A Real Change of Lifestyle OR "I had never thought about it before but ..." (first sentence)