

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# LISTENING / SPELLING



## EXERCISE

Exercise is something most of us love to hate. A lot of us avoid it altogether. I do (1)\_\_\_\_\_ exercise, but not because I like it. I do it (2)\_\_\_\_\_ it helps me stay slim and (3)\_\_\_\_\_. I always feel (4)\_\_\_\_\_ after exercising, so there are good parts to it. The thing I hate most is getting (5)\_\_\_\_\_. It's really (6)\_\_\_\_\_ after a hard day's work to come home and then (7)\_\_\_\_\_ for your exercises. I really (8)\_\_\_\_\_ want to do it when I'm getting changed. I hate the warm-up stretching. I (9)\_\_\_\_\_ hate the first few (10)\_\_\_\_\_ of a run, (11)\_\_\_\_\_ or cycle. (12)\_\_\_\_\_ then once my lungs stop burning, I settle (13)\_\_\_\_\_ a rhythm and things (14)\_\_\_\_\_ so bad. (15)\_\_\_\_\_ I (16)\_\_\_\_\_ an exercise (17)\_\_\_\_\_. Sitting in my (18)\_\_\_\_\_ cycling to (19)\_\_\_\_\_ music or (20)\_\_\_\_\_ TV is a great way to get some exercise.

# LISTENING / SPELLING

## EXERCISE

Exercise is something most of us love to hate. A lot of us avoid it altogether. I do a lot of exercise, but not because I like it. I do it because it helps me stay slim and healthy. I always feel great after exercising, so there are good parts to it. The thing I hate most is getting ready. It's really difficult after a hard day's work to come home and then prepare for your exercises. I really don't want to do it when I'm getting changed. I hate the warm-up stretching. I also hate the first few minutes of a run, swim or cycle. But then once my lungs stop burning, I settle into a rhythm and things aren't so bad. Recently I bought an exercise bike. Sitting in my house cycling to loud music or watching TV is a great way to get some exercise.

1. a lot of
2. because
3. healthy
4. great
5. ready
6. difficult
7. prepare
8. don't
9. also
10. minutes
11. swim
12. But
13. into
14. aren't
15. Recently
16. bought
17. bike
18. house
19. loud
20. watching