

Lesson 4A

GRAMMAR | future continuous and future perfect
 VOCABULARY | health and lifestyle; illness and treatment
 PRONUNCIATION | connected speech: future perfect

VOCABULARY

health and lifestyle

1 Complete the sentences with the correct form of the verbs in the box.

do (x2) cut expand keep (x2)
 stay transform vary work

- It's very important, especially as you get older, to mentally active. Doing puzzles is great for your brain.
- I've down on the amount of fat and sugar I consume and feel much healthier now.
- You really need to your horizons and get out and about more.
- It's hard to find time to in shape when you've got a full-time job and a family to look after.
- Research shows that regular workouts is good for you both mentally and physically.
- I a sedentary job for years and was very unfit. Then I retrained as a yoga teacher and now I'm healthier than ever!
- I've always long hours and I'm often too tired to make a proper meal when I get home.
- Last year, my sister totally her lifestyle. She became a vegan and started doing more exercise.
- It's important to your diet as much as you can and include all food groups in your meals.
- I took up running last year and hopefully, if I up my progress, I'll do a marathon soon!

illness and treatment

2A Complete the table with the words in the box.

allergies antibiotics asthma first aid
 food poisoning medication run-down vaccine

illness	treatment

B Complete the sentences with words to describe illness and treatment.

- The whole group got from the restaurant and were very sick.
- I suffer from all year round and often have itchy eyes and sneeze a lot.
- I did a course so that I could help anyone who suddenly became ill or injured.
- If you want to find out whether your can be taken with other medicines, please consult your doctor.
- Patients are given to help fight against diseases.
- Sophie's feeling a bit, so won't be coming to school today.

GRAMMAR

future continuous and future perfect

3A The sentences below have a mistake. Choose the best option to correct the mistake.

- In two years' time I'll be completing my degree and hopefully found a job.
 - I'll have completed
 - I'm completing
 - I completed
- This time next week, you'll have swum in the sea and thinking of me back at home!
 - you'll be swimming
 - you'll swim
 - you're swimming
- If I'm lucky, I'll have got a visa and work in Australia by next summer.
 - I'll work
 - working
 - be working
- I'll be finishing lunch by 1 p.m., so we could go for a walk then.
 - I've finished
 - I'll have finished
 - I finished

B Complete the blog post with the future continuous or future perfect form of the verbs in brackets.

Going Vegan

Going vegan has been a gradual process for me. By this time next month, I'll ¹ (be) vegan for a whole year.

I became vegetarian first: I'll ² (celebrate) three years without meat or fish next week. It was hard to give up my favourites, but now I barely think about what I no longer eat – only what I'll ³ (have) for my next meal! I've become very inventive – you have to be when you're vegan – and I might ⁴ (set up) my own vegan meal business soon.

Personally, I did it because I developed a mild allergy to milk and dairy products, so I had to cut down on them. I'll ⁵ (go) to the doctor's soon and we'll see whether things have improved – I think my allergy will ⁶ (improve) because my symptoms are much better.

There are lots of benefits to going vegan, for both personal benefit and the planet's. If I can convince my parents to go vegan, I'll ⁷ (do) a pretty good job of getting my message across. However, it's important to remember that you may not always get everything you need from a vegan diet – I'll ⁸ (write) a blog soon about the vitamin supplements that can be helpful for staying on top form. Watch this space!

PRONUNCIATION

4A 4.01 | connected speech: future perfect |

Listen and complete the sentences.

- 1 By this time next week, this project.
- 2 Hopefully, meat entirely by then.
- 3 With any luck, a house by then.
- 4 Come round at 7 p.m. – dinner by then.
- 5 By this time next week, from university!

B 4.01 | Listen again and repeat.

READING

5A Skim the article and choose the main topic (a–c).

- a The benefits of different kinds of diet
- b The reality behind commonly held beliefs
- c The reasons we're lied to about what we eat

B Read the article again. Are the statements True (T) or False (F)?

The writer ...

- 1 thinks food producers try to trick customers into paying too much for food.
- 2 will continue to buy the expensive health foods that she particularly likes.
- 3 feels that the message about fat has been very clearly stated.
- 4 does not intend to limit the amount of high-fat food she eats.
- 5 is confused about whether or not people should take extra vitamins.
- 6 has believed information provided on food packaging in the past.

C Read the article again and answer the questions. Use no more than three words for each answer.

- 1 What are superfoods meant to stop?
.....
- 2 What does the writer think food manufacturers want from people?
.....
- 3 What phrase does the writer use to describe the act of labelling food low in fat?
.....
- 4 What is the writer happy to continue eating?
.....

Health myths busted!

We all want to be healthier, but with so much (mis)information out there, it can be difficult to know which changes are actually worth making. So, here is the truth about four common food myths, which may help you make up your mind ...

Myth 1: Superfoods are a thing

Sorry, but superfoods *aren't* a thing! Yep, you heard right. While we've all been filling our trolleys with blueberries, ginger and coconut, it turns out that, yes, they do us good, but they're no better than other fruit and veg. 'Super' foods are promoted because they supposedly contain huge amounts of antioxidants (substances that prevent cell damage in our bodies), and the message is that we should buy as many as we can. These (often exotic) foods are – surprise, surprise – very expensive, though. I know what I'll be getting from now on: cheap 'ordinary' veg that I love just as much!

Myth 2: All fat is bad fat

We've been told (over and over again) that we should cut down on foods that contain saturated fats, such as butter, cream and cheese, and eat plenty of foods that are great for heart, eye and brain health (think Omega 3 in oily fish). But the jury seems to be out on whether saturated fats *really* cause heart disease, and whether foods that contain cholesterol (a fat which can be found in eggs) *actually* raise cholesterol in our blood. I think I'll be carrying on with less butter and more salmon, just in case ...

Myth 3: You don't need supplements

OK, so this one's hotly debated! Many say that if you have a varied diet, you'll get everything your body needs, and that manufacturers only promote vitamins and supplements so they can fill their pockets with our hard-earned cash! But it turns out there *are* arguments for supplements in certain circumstances: those with health conditions including diabetes, pregnant women and people over 50 *can* benefit from additional vitamins. Who knew? 🤖

Myth 4: low fat = low calorie

Nope! It's just another marketing trick! Look in supermarkets and you'll see 'low-fat', 'fat free', 'diet' and 'light' in lots of labels. I've certainly fallen into that trap! While they might truthfully be low in fat, they may also be highly processed and full of sugar to make them tasty. 'You're better off having a few nuts or full-fat items like cheese and yoghurt than eating so-called "diet" products', says one specialist. I, for one, will be following this advice. So, bring on the ice cream (just not too much of it)!



Lesson 4B

GRAMMAR | passives

VOCABULARY | sleep

PRONUNCIATION | sentence stress: content and function words

VOCABULARY

sleep

1 A Complete the conversation with the words in the box.

deep dropping off exhausted keep
nightmare oversleep sleeper snore

Doctor: Thanks for coming to the sleep clinic. I'd like to ask you a few questions before we run some tests.

Fran: Sure. I've just been so ¹..... lately and I don't know why! I go to bed early, but often ²..... and end up being late for work.

Doctor: What time do you usually go to bed?

Fran: About ten o'clock. I don't have any problems ³..... and I'm never awake past 11 p.m.

Doctor: Do you wake during the night?

Fran: Only if I'm having a ⁴..... But I usually go back to sleep again once I'm calmer.


Doctor: And do you ⁵.....? I mean, has anyone ever told you that you do?

Fran: Sometimes – if I've gone to bed *really* tired. I ⁶..... my husband awake then because I'm so loud – so he says! I think I must be quite a heavy ⁷.....

Doctor: Why's that?

Fran: Well, I usually wake up with a headache. When my alarm goes off, it's like I must've been in a really ⁸..... sleep and I struggle to wake up.

Doctor: Well, that doesn't sound good. What we're going to do at the clinic is ...

B  Choose the correct word or phrase to complete the sentences.

- I'm – I never wake up, even if there's a thunderclap outside!
a a heavy sleeper b an insomniac c exhausted
- There was a noisy party last night which us awake.
a kept b overslept c dropped
- I today – I just didn't hear my alarm.
a kept awake b overslept c lied in
- She says she always takes a short on the train after work.
a nap b nightmare c snore
- I rarely get a – my kids are up at dawn practically every day!
a drop off b lie-in c nap
- My husband says that I and keep him awake at night.
a oversleep b drop off c snore

GRAMMAR

passives

2 Complete the article about sleep disorders using the correct passive form of the verbs in brackets.

Why do people ...

... sleepwalk?

It ¹..... (suggest) that sleepwalking runs in families. If you have a family member who walks in their sleep, it ²..... generally (accept) that you are ten times more likely to do it yourself. It ³..... also (suspect) that stress, illness and medication can make sleepwalking more likely. It ⁴..... once (assume) to be dangerous to wake a sleepwalker, but this ⁵..... now (not consider) to be a problem. However, it should be done quietly and carefully to keep distress to a minimum.

... talk in their sleep?

Talking in your sleep ⁶..... (define) as a sleep disorder where the sleep-talker doesn't know what they're doing. Speech ⁷..... more easily (understand) when it occurs during REM sleep (when people are dreaming). Anyone can sleep-talk, but it ⁸..... (observe) most often in men and children. Records show that sleep-talking ⁹..... (notice) by ancient Greek philosophers about 2,500 years ago, so it ¹⁰..... (not discover) recently. Sleep-talking isn't usually a problem and does not require treatment.


PRONUNCIATION


3 A | sentence stress: content and function words | Read the sentences and predict which words will be stressed the most.

- It was thought that eating cheese before bedtime gives you nightmares.
- It's been suggested that using your phone in bed makes it harder to drop off.
- It's believed that up to fifteen percent of the population are sleepwalkers.
- It's estimated that most people sleep for fewer than seven hours a night.


B  4.02 | Listen and check.

LISTENING

4A  **4.03** | Listen to the introduction to a radio programme. What kind of programme is it?

B  **4.04** | Listen to the next part of the programme and choose the correct option(s) (a–c).

- 1 What does Rob say about using a sleep tracker?
 - a It provided some useful information.
 - b It helped him learn to relax.
 - c It caused him problems.
- 2 How did Jenna feel before using her technique?
 - a worried about her future
 - b scared about being kept awake
 - c relieved to get some sleep during the day
- 3 What does Jenna say helped her sleep better?
 - a reading before she went to sleep
 - b learning about sleep psychology
 - c quitting an old habit
- 4 What does Álvaro say about nuts?
 - a He says they should be avoided at night.
 - b He is pleased he can eat more of his favourite kind.
 - c He doesn't fully understand how they work.
- 5 What does Sonya say about the techniques?
 - a She finds them quite difficult to do.
 - b She thinks they sound rather unusual.
 - c She is not very keen to have a go at them.

C  **4.05** | Listen to the recording and write what you hear. You will hear the sentence only once.

.....

WRITING

an article

5A Read the article and tick the topics that are mentioned.

dreams lack of sleep napping nightmares
 sleep and disability sleep behaviours
 sleep cycles sleep positions

B Complete the article (1–5) with the sentences (a–e).

- a In addition to this, they can involve anxiety, too.
- b as well as sleep paralysis, where you wake up, but are unable to move.
- c Moreover, their dreams involve feelings, smells and sounds rather than sight.
- d Furthermore, they make friends easily, but don't enjoy being the centre of attention.
- e A lack of sleep not only affects your mental health, but also your physical health.

C You are going to write an article about what kind of sleeper you are. Plan your article. Choose three ideas to write about from Ex 5A.

D Write an article about what kind of sleeper you are.

Six Amazing Facts You Didn't Know About Sleep

Sleep has fascinated experts for centuries and new information is being discovered all the time. So, we've put together six of the most amazing facts we could find on the topic.

- Most nightmares are not frightening. They often include feelings of sadness, guilt and confusion. ¹..... They happen most often when someone is feeling worried.
- The position you prefer to sleep in *might* reflect your personality. For example, people who sleep on their backs in the 'starfish' position tend to be good listeners. ².....
- ³..... For example, you won't cope with pain as well when you don't sleep much.
- Contrary to what some people may think, blind people do dream. ⁴..... Also, interestingly, deaf people use sign language when they dream.
- Everyone dreams, but they might not remember them. Those that do remember will have forgotten fifty percent of the dream within five minutes of waking. The most common dreams include teeth falling out, forgetting to prepare for an exam, and trying to run but not getting anywhere.
- Some unusual sleep behaviours include parasomnia or making unusual movements in your sleep; 'exploding head syndrome' where someone wakes to a loud noise that is only in their head, ⁵..... Don't worry if this happens to you – it just means your brain's woken up before the rest of your body has!



Lesson 4C

HOW TO ... | express agreement and disagreement

VOCABULARY | exercise; sport: motivation and benefits

PRONUNCIATION | stress in phrases for partial agreement

VOCABULARY

exercise

- 1 Choose the correct word or phrase to complete the sentences.
- 1 You need a lot of **flexibility / stamina / moderate exercise** to be able to finish a marathon. They take a long time to run!
 - 2 It's important to do some **aerobic / low-impact / stamina** exercise because it makes your heart beat faster.
 - 3 **Strength / Flexibility / Low-impact** training doesn't have to mean hours lifting weights – you can build muscle using your own body weight at home.
 - 4 An example of **aerobic / high-impact / low-impact** training is yoga, which is gentle but strengthening.
 - 5 I do **moderate / vigorous / stamina** exercise every day, just a 20-minute walk around the park.
 - 6 **High-impact / Flexibility / Strength** exercise includes things like running and ball sports, such as football or tennis.

sport: motivation and benefits

- 2 Complete the fundraising page with the words in the box. There is one word which you do not need.

benefit challenge confidence discipline
encouragement incentive teamwork

Cycling for the kids!

£1,258 raised by 3,480 supporters

DONATE

So, this year I'm planning a huge ¹ for myself and I need your ² to get me going!

I'm going to cycle the length of the country in as short a time as possible. The ³ for me to raise money for a children's charity that is close to my heart, and the ⁴ to them is being able to fund more research to make lives better.

I'm going to need a lot of ⁵ to make sure I get up early to train before work, even when it's dark or cold. Most of my weekends will be spent cycling long-distance routes. I also need to build my ⁶ for cycling bigger roads, though I'll take quieter ones when possible.

Follow the link to find out more about the charity or donate now.

How to ...

express agreement and disagreement

- 3 A 4.06 | Listen to a conversation between two friends. What are they talking about?
- B 4.06 | Listen again. Do the friends agree (A), disagree (D) or partially agree (PA) with each other about the statements (1–6)?
- 1 Micro-HITT training doesn't seem worth the effort.
 - 2 One benefit of micro-HITT is that it's quick.
 - 3 Everesting sounds like a manageable challenge.
 - 4 New cyclists could cope with Everesting.
 - 5 The man needs to find a relaxing form of exercise.
 - 6 Yogalates helps with physical and mental health.

PRONUNCIATION

- 4 A 4.07 | **stress in phrases for partial agreement** | Listen and underline the main stressed word in each of the phrases in bold.
- 1 **I agree up to a point**, but don't you think the government should play a role, too?
 - 2 **I take your point**, but that's what footballers expect to get paid.
 - 3 **That's a fair point**, but don't you think they get enough exercise at school?
- B 4.07 | Listen again and repeat the sentences.

SPEAKING

- 5 A 4.08 | Complete the conversation with phrases for agreeing and disagreeing. Then listen and check.
- Marla: Let's do something. It would be a shame to stay in on a day like this.
- Dan: I ¹ more. What shall we do? Want to try bouldering with me? Come on ...
- Marla: Climbing over massive rocks all day? No, thanks. It sounds exhausting.
- Dan: I know what ², but you did say you want to improve your strength a bit ...
- Marla: That's a fair ³, but I've got work tomorrow and I don't want to be worn out.
- Dan: You go to the gym all the time – you'll be fine!
- Marla: I completely ⁴! Last time we went jogging it took me a week to recover!
- Dan: All right. I take ⁵, You do need a lot of stamina. But on the ⁶, if you stay here all day, you'll never get fitter!
- B 4.09 | You are Dan in the conversation in Ex 5A. Listen and speak after the beep. Record the conversation if you can.

- C Listen to your recording and compare it to Ex 5A.



Lesson 4D

VOCABULARY | phrases related to time

READING | disappearing traditional skills and lifestyles

VOCABULARY

phrases related to time

1 Choose the correct option(s) to complete the sentences.

- 1 Time is running out / It's time to move on for endangered animals and we need to take action.
- 2 We got to the theatre **just in time** / **not a moment too soon** for the start of the play.
- 3 We've got a very short **future under threat** / **window of opportunity** to carry out the conservation project.
- 4 I've got some new boots and **time is running out** / **not a moment too soon** – the old ones were wearing out!
- 5 The future of our planet **is still under threat** / **has a short window of opportunity** and we must keep making changes to our habits.
- 6 It's **just in time for** / **It's time to move on from** this job. I've become very bored.
- 7 The community are increasingly concerned that their traditional way of life is **under threat** / **running out**.
- 8 Right, I think it's probably **just in time** / **time** to go home or I'll miss the last train!

READING

2A Read the article. What is its purpose?

B Read the article again. Are the statements True (T) or False (F)?

- 1 Kerry does not believe readers are aware of the skill practised by her great-grandfather.
- 2 Kerry suggests that people who wore clogs could not afford to replace them regularly.
- 3 Nisse says that Franco-Provençal speakers moved out to the countryside from cities.
- 4 Nisse speaks a different language to his grandparents because he does not need to use the language they speak.
- 5 Özkan believes that the way people worked in the past used a lot of time and energy.
- 6 Özkan thinks that technology can only solve one kind of problem.
- 7 Agata is not impressed with her grandparents' lifestyle choice.
- 8 Agata would be happy to move on from every aspect of traditional life.

Should we care about losing traditional skills and ways of life?

Do you know how to make bread? Or fix a hole in your socks? Or even how to light a fire? For all too many of us, the answer to all of these questions is 'no'. Basic life skills that were once a staple part of everyday life have all but disappeared. But is this a bad thing?

YES!

Kerry, UK: My great-grandad used to make clogs. I bet you don't even know what they are! Well, they're shoes made from leather and wood. They last a long time. This is why they were chosen by low-paid workers who put in long days at cotton mills, in coal mines and on boats that transported goods along canals. A very limited number of clog-makers still exist, but their future is under threat, as so few people wear clogs now. It would be a shame if such a great skill – and fantastic style of footwear – disappeared forever.

Nisse, Switzerland: Time is running out for my grandparents' language, Franco-Provençal. They live in an isolated part of Switzerland, and because my parents (like many) moved away to find work, I never learned it. Now it's dying out, despite attempts to get people learning it. I understand it, but I only speak Swiss-German – the most common language in Switzerland. Lots of books used to be written in Franco-Provençal. The window of opportunity for reviving the language is short. If no one can speak it, how will we learn about the history of our country?

NO!

Özkan, Turkey: People make a lot of fuss about 'lost' skills and ways of life. But if they were so good in the first place, why did they disappear? It's time to move on. My grandparents lived tough lives as farmers, using traditional skills – but only because that's what was available then. It wasn't considered 'traditional' at the time! As far as I can tell, traditional skills and ways of life were very hard. Technology has solved so many problems and many people are a lot better off in all kinds of ways – not just financially, but health- and time-wise, too.

Agata, Poland: When I visit my great-grandparents in their village, I feel like I've gone back in time by a century. I suppose I have in a way because they stick to the 'old ways' and don't live as comfortably and easily as they could do – well, that's only my opinion. They don't enjoy using modern technology, anyway! For me, when a new app or phone model comes out, it's not a moment too soon. I will say this, though: I always seem to arrive just in time when my great-grandma's cooked some traditional dumplings – delicious! That way of life should never disappear!

GRAMMAR

- 1 Combine the sentences using a relative clause. Omit the pronoun where possible.
- 1 Nick works at the theatre. The one over there.
That's works.
- 2 We met a girl at your cousin's barbecues. Is that her?
Is that your cousin's barbecue?
- 3 A guy got his car stuck in the mud. I think that's him over there.
I think that's got stuck in the mud.
- 4 The venue has been very successful. It opened last year.
The venue,, has been very successful.
- 5 Remember the hotel we stayed in for our honeymoon? They closed it!
They closed in for our honeymoon!

2 Match the sentence beginnings (1-6) with the endings (a-f).

- | | |
|-----------------------|---------------------------|
| 1 It was Felicity | a is wash your hands. |
| 2 What I want to know | b who told me. |
| 3 It's Helena that | c do is go to sleep! |
| 4 It was Ankoma who | d is what you were doing! |
| 5 What you need to do | e told everyone. |
| 6 What I'd like to | f you need to speak to. |

3 Complete the conversation with the correct form of do to add emphasis.

A: Are you going to the company party on Thursday?

B: I ¹ want to go but it's on the other side of London from me. It'll be fun, though.

A: Hmm, well, I didn't want to go last year either but I must admit, I ² enjoy it in the end.

B: Yes, and there's a DJ again, isn't there?

A: Well, you ³ love a good dance, but I really ⁴! I hate it.

B: Fair enough. The quiz should be good though. I think Emir's running it this year.

A: Well, he ⁵ like testing us all, doesn't he?

B: That's true. I'm rubbish at quizzes but I ⁶ like the theme last time – 90s pop music.

A: My team won! I think Mike was unhappy – he ⁷ like to show off his knowledge!

4 Complete the text with the future continuous or future perfect forms of the verbs in brackets.

We'll no doubt ¹ (hear) more and more weather forecasts about violent storms and flooding. The sad thing is that we probably ² (get used to) such reports by then. And that will only be if we still *have* weather reporters: scientists believe that as well as the weather having become more extreme, our society may also ³ (fall) apart by 2050! By 2050, the South Pole ⁴ (shrink) considerably, sea levels ⁵ (rise) by 30 cm, temperatures ⁶ (increase) dramatically, and civilisation as we know it ⁷ (start) to collapse. The worst thing is that we ⁸ (do) it all to ourselves: it will be our own fault.

5 The sentences below have a mistake. Choose the best option to correct the mistake.

- 1 There is generally accepted that film-making is a serious form of art.
a It's b It was c There are
- 2 What's Going On by Marvin Gaye is consider to be one of the best albums of all time.
a is considered being b considers being
c is considered to be
- 3 In the late 1800s, they believe widely that the Earth was flat.
a it's widely believe b it was widely believed
c they widely believe it
- 4 Despite evidence to the contrary, Vitamin C thought still is to cure the common cold.
a still are thinking b it's still thought
c is still thought

VOCABULARY

6 Choose the correct words to complete the sentences.

- 1 The **line-up / act** for the festival is superb, with over 50 bands performing over the weekend.
- 2 The **festival-goers / atmosphere** at music festivals is always amazing.
- 3 I think the **organisers / festival-goers** have done a great job of the layout.
- 4 Sanjay's never **attended / attracted** a festival before so we should look after him.
- 5 Donauinselfest is the world's biggest music festival, **attending / attracting** three million people!

7 Complete the sentences with the words in the box.

emissions footprint power recycling resources

- 1 In an effort to reduce their carbon music festivals are going greener.
- 2 Lollapalooza has its own programme to encourage festival-goers to do more
- 3 Reducing the number of plastic bottles that are made can help lower carbon from the factories that produce them.
- 4 Many people who attend the Paléo Festival in Switzerland use public transport to avoid unnecessary use of natural
- 5 At the We Love Green festival in France, festival-goers can generate by cycling at the festival's 'electric pedals' station.

8 Replace the words in bold with the correct form of the phrasal verbs in the box.

come up with fall back on live up to
mess up put someone off

- 1 I've **thought of** a brilliant idea for a new play.
- 2 You should stay at uni so you have something else to **use** if the band doesn't work out.
- 3 Your act was incredible – how can I ever **be as good as that**?

- 4 I **got** all my lines **wrong** on stage – it was really embarrassing.
- 5 Stop making silly faces – you're **distracting** me.

9 Complete the phrasal verbs with *across, back, on to, out or up*.

- 1 You come as such a friendly person, but you're actually quite mean!
- 2 OK, let's move to the issue of parking for the event.
- 3 Can you speak a bit, please? We can't hear you at the back.
- 4 I'll come to the topic of recycling later, if I may.
- 5 My teacher spelled exactly what we had to do for our homework.

10 Complete the sentences with the words in the box.

based on costumes ending soundtrack twist

- 1 I was totally confused by the – why did they finish it off like that?
- 2 The were amazing in that film. I'd love to wear something like that.
- 3 I enjoyed it but the was weird. It was set in 1770, but they used punk rock!
- 4 Is the series a true story?
- 5 Wow, what a! I didn't see that coming!

11 Choose the correct words to complete the tips.

If you want to ¹**transform / expand** your lifestyle, follow our top tips!

If you do a ²**sedentary / active** job, you need to make sure you build exercise into your day. If you can do a ³**sedentary / regular** workout, even better! It can be difficult to ⁴**stay / do** in shape when you work ⁵**active / long** hours, but exercising when you can makes all the difference.

Try to ⁶**expand / transform** your horizons: sign up for a new activity like high-intensity pool training.

Change what you eat: make sure you ⁷**cut down on / vary** your diet and ⁸**expand / cut down** on fatty and sugary foods.

⁹**Keep / Work** mentally active, too. Do puzzles, dance – anything to help your brain stay sharp.

Finally, ¹⁰**stay in / keep up** the progress! Once you see the rewards of your efforts, you'll be keen to remain your best self.

12 Complete the definitions with the words in the box.

allergies antibiotics asthma food poisoning medication

- 1: medical conditions that make you ill when you eat, breathe or touch something.
- 2: a stomach illness caused by eating food that contains harmful bacteria.
- 3: an illness that makes it difficult to breathe.

- 4: drugs that are used to kill bacteria and cure infections.
- 5: a drug given to someone who is ill.

13 Choose the correct word or phrase to complete the sentences.

- 1 I'm such a sleeper that I don't even wake up with a really loud alarm.
a light b heavy c weak
- 2 My wife's and she disturbs me when she puts the light on when she can't sleep.
a an insomniac b a deep sleeper c a snorer
- 3 I usually pretty quickly at night but wake up a few hours later.
a deep sleep b drop off c nap
- 4 My dad always has a after lunch. Eating seems to make him tired.
a nap b lie-in c nightmare
- 5 I love having a at the weekends, but I get up early the rest of the week.
a deep sleep b snore c lie-in
- 6 My daughter woke me up at 1 a.m. She'd had a and couldn't go back to sleep.
a nightmare b lie-in c snore

14 Complete the sentences with the words in the box.

aerobic flexibility moderate stamina vigorous

- 1 It's better to do a small amount of exercise every day than to do a lot of exercise on one occasion and then do nothing for weeks.
- 2 You really only need to do 20 minutes of exercise a day, such as a gentle walk.
- 3 I'm currently building my to do a marathon next month.
- 4 I really enjoy exercise like dancing and running.
- 5 I really need to improve my – I can barely touch my toes.

15 Choose the correct words to complete the sentences.

- 1 There's no real **incentive / discipline** for me to do more exercise. I'm fit enough.
- 2 I'll admit that winning is my main **motivation / confidence** when it comes to competitive sport.
- 3 I think playing in a team really boosted my **confidence / challenge**.
- 4 You need a high level of **benefit / discipline** to become a good gymnast or dancer.
- 5 I like a **challenge / motivation**, so I'm going to do an ultra-marathon next year.

16 Complete the sentences with the words *time, future, moment or opportunity*.

- 1 The of the giant panda no longer seems to be under threat.
- 2 It's to get real about online security. We have to take it more seriously.
- 3 Action is finally being taken to improve air quality – and not a too soon.
- 4 We have a small window of in which to slow the rate of global warming.
- 5 is running out for endangered species.