## H Choose the correct answer.

### Choosing a gym

Choosing to go to a gym regularly **(1)** ............ change your life for the better. Don't let it be a decision you regret!

Good gyms have a lot to offer. They **(2)** ............ provide exercise equipment that is just too expensive to buy and their trained staff are **(3)** ............ to provide quality health and fitness advice. But if you're planning to join a gym, you **(4)** ............ definitely ask to look round before you become a member. There are a number of things to bear in mind before choosing which gym to join.

Before the law changed a few years ago, anyone **(5)** ............ set up a gym and even today gyms **(6)** ............ employ trained fitness instructors. Find out what qualifications the staff have. If they're untrained, it's best to go elsewhere.

You **(7)** ............ be put off by the gym's hard sell. Just because they want you to sign up – they want your money, after all – that doesn't mean you **(8)** ............ decide there and then. See a few gyms before you make your final decision.

Ask yourself: What kind of equipment and facilities do they have? There's little point joining a gym and then thinking a few months later, 'I **(9)** ............ have chosen a gym with a pool.' Do you **(10)** ............ book equipment in advance, or can you just turn up and use it? How busy does the gym get? It **(11)** ............ be very pleasant turning up to find there's no room in the changing room and there's a huge queue for each piece of equipment. It **(12)** ............ also be a good idea to talk to people who already go to that gym to find out their opinion.

| 1 | A must | B would | C should | D will have to |
|----|--------|---------|----------|----------------|
| 2 | A can | B could | C would | D must |
| 3 | A made | B forced | C allowed | D able |
| 4 | A should | B would | C might | D will |
| 5 | A can | B could | C might | D may |
| 6 | A mustn't | B don't have to | C can't | D shouldn't |
| 7 | A mustn't | B couldn't | C won't | D mightn't |
| 8 | A can't | B can | C would | D have to |
| 9 | A ought to | B must | C have to | D can't |
| 10 | A able | B must | C have to | D allowed |
| 11 | A won't have to | B doesn't have to | C mustn't | D won't |
| 12 | A must | B might | C has to | D ought to |

## I Write one word in each gap.

When I broke my arm a week ago, I guess it **(1)** ........................ to have hurt. But it didn't! We were doing PE at school, and we were making a pyramid. We **(2)** ........................ to stand on each other's shoulders. I was right at the top. We **(3)** ........................ have been doing it properly because suddenly the pyramid collapsed and we all fell. I landed on my arm.

Mr Jenkins **(4)** ........................ have known immediately that I'd broken my arm because he sent someone to call an ambulance. 'Sit still, and don't move your arm at all until the ambulance comes,' he said. I **(5)** ........................ still remember the feeling – my arm was numb, and looked very strange, but there was no pain at all. I remember thinking: 'It **(6)** ........................ be broken. If it was broken, I'd be in agony.' I suppose not feeling any pain **(7)** ........................ have been because I was in shock.

The plaster **(8)** ........................ come off in about three weeks but it **(9)** ........................ have to stay on longer. It depends on whether the break has healed properly or not. The next three weeks may **(10)** ........................ be the best three weeks of my life – no basketball, no playing in the playground, no swimming – but I'm counting my blessings. It **(11)** ........................ have been a lot worse!