

SECTION 2 Questions 11–20*Questions 11–16*

What advantage does the speaker mention for each of the following physical activities?

Choose **SIX** answers from the box and write the correct letter, **A–G**, next to Questions 11–16.

Advantages

- A not dependent on season
- B enjoyable
- C low risk of injury
- D fitness level unimportant
- E sociable
- F fast results
- G motivating

Physical activities

- 11 using a gym
- 12 running
- 13 swimming
- 14 cycling
- 15 doing yoga
- 16 training with a personal trainer

Test 3

Questions 17 and 18

Choose **TWO** letters, **A–E**.

For which **TWO** reasons does the speaker say people give up going to the gym?

- A lack of time
- B loss of confidence
- C too much effort required
- D high costs
- E feeling less successful than others

Questions 19 and 20

Choose **TWO** letters, **A–E**.

Which **TWO** pieces of advice does the speaker give for setting goals?

- A write goals down
- B have achievable aims
- C set a time limit
- D give yourself rewards
- E challenge yourself