

Vocabulary development 1

► CB pp. 138–139

Idioms: sport

- 1a** Match each idiom (1–6) with its definition (a–f) and the sport it originated from (i–vi).

1 back the wrong horse

2 be below the belt

3 below par

4 in the same league as

5 time out

6 go off the deep end

a (take) a break from sth

b as good as

c overreact (in anger)

d make the wrong choice

e not performing as well as one can

f unfair comment, criticism

i basketball

ii boxing

iii golf

iv horse racing

v swimming

vi football, rugby

- b** Complete the dialogue with a suitable form of the idioms in Exercise 1a.

Sharon: Hey, Greg! What's this I hear about Mark Lynes?

Greg: Yeah, well ... Apparently the manager kicked him off the first team, saying his performance had been (1) _____ all season, and Lynes walked out.

Sharon: So? The manager's right, isn't he?

Greg: Maybe, but replacing him with Farmer! I mean, the man's a born loser!

Sharon: Now that's a bit (2) _____, Greg! Farmer's not such a bad player. But I agree, he's not (3) _____ Lynes.

Greg: Well, I think they're (4) _____ in Farmer. Ian Coles would have been a better choice.

Sharon: Personally, I think Lynes was wrong to (5) _____ like that. A little bit of (6) _____ might have done him some good and then he could have made a comeback. There's no way they'll let him back in now.

Word formation

- 2** Complete each sentence with the correct form of the words in brackets. You will need to make more than one change to each word.

- The tennis ace wept _____ (console) after her defeat against the number 10 seed.
- Danielle _____ (shine) her rivals in the gymnastics tournament, walking away with the gold medal.
- The manager totally _____ (estimate) Shelley's determination to overcome her injury, and was amazed by the speed of her recovery.
- 14-year-old Lucy Palmer's _____ (stand) performance on her pony, Rusty, gained her the cup for most promising young rider.
- Warner has been playing _____ (consist) for the past few games and so we've decided to drop him from the team.
- The match between John Isner and Nicolas Mahut at Wimbledon lasted an incredible 11 hours over three days, a feat _____ (parallel) in the history of tennis.

- 3** Complete the text with the correct form of words from the box.

challenge circumnavigate controversial ensue
epic isolate resource undertake

Heroine of the high seas



In January, 2012, 16-year-old Laura Dekker from the Netherlands arrived in the Caribbean island of St. Maarten in her 38-foot yacht, Guppy, successfully completing her single-handed (1) _____ of the globe. She is the youngest person to do so to date, yet she won't be entering the Guinness Book of World Records, due to the (2) _____ caused by her trip.

Laura originally hoped to set sail on her (3) _____ voyage aged 13, having sailed from the Netherlands to Britain and back the year before. However, the Dutch child welfare authorities took legal action to try and stop her from (4) _____ the trip, and a court battle (5) _____ which divided the country and resulted in a stalemate lasting over 10 months. Eventually, an agreement was reached, but Laura was 15 by the time she set off. She faced several (6) _____ during the voyage, not least of which was the attempt to keep up with her schoolwork. Nevertheless, this (7) _____ young woman managed to overcome storms, prolonged (8) _____ and the threat of pirates in order to achieve her goal, and amazingly enough, didn't fall behind with her studies.

Use of English (Paper 1 Part 1)

Multiple-choice cloze

- 1 Read the title of the text and think about what you are going to read. Do you think the skills needed for athletics can be taught?
- 2 Read the whole text quickly to get the general meaning. Then read again carefully, choosing the best option A–D to fit each gap. Use the Help clues if necessary.

For questions 1 – 8, read the text below and decide which answer (A, B, C or D) best fits each gap. There is an example at the beginning (0).

Improving athletics teaching in schools

The Elevating Athletics Fund is an (0) **A** sponsored by AVIVA, a major UK financial institution. It aims to ensure that all children have a positive first experience of athletics, and hopes to make participation in a range of sports both attractive and rewarding to all children. The fund was launched against the (1) **_____** of research that revealed that 52 percent of teachers felt inadequately prepared to teach basic athletics skills. The (2) **_____** on which the work of the fund is based is that the fundamental skills of athletics, (3) **_____** running,

jumping and throwing, (4) **_____** a good performance in many other sports and so should be taught as enabling skills before a child goes on to sport-specific training. The fund is designed to make an (5) **_____** at grassroots level and so was set up with a (6) **_____** to providing practical training and support for every single sports teacher in the UK. In doing so, it hopes to raise the (7) **_____** of athletics teaching in schools, and thereby bring sporting success within the (8) **_____** of a much wider cross-section of the population.

HELP

- Q1 Only one of the options completes the phrase *against the ... of*.
- Q3 Choose the option that means 'that is to say' when introducing specific examples.
- Q4 Choose the option that means 'provides a foundation for'.
- Q7 All the options have a similar meaning, but only one collocates with *raise*.

EXPERT LANGUAGE

Look back at the text. Find:

- a three verbs followed by the infinitive
- b one adjective followed by the infinitive

0 A initiative	B exercise	C operation	D association
1 A backdrop	B upshot	C outcome	D downside
2 A essence	B reason	C premise	D substance
3 A exactly	B namely	C precisely	D clearly
4 A underpin	B subsidise	C uphold	D forecast
5 A influence	B result	C effect	D impact
6 A mind	B view	C goal	D wish
7 A prestige	B image	C profile	D standing
8 A scope	B range	C reach	D dream

- 3 Find words and expressions in the text that mean:

- 1 gave financial backing
- 2 with ordinary people
- 3 basic abilities that facilitate more specific training
- 4 in this way
- 5 representative sample

- 4 Look at Question 1.

- 1 What type of words are these?
- 2 Which of these words has an antonym formed in the same way?
- 3 Can you find other examples of this type of word amongst the options?

- 5 Look through all the questions.

- 1 Which word in the options is a verb made using a noun + suffix?
- 2 What is the noun?

Language development 1

► CB p. 141, GR pp. 186–187

Sentence adverbials

- 1 Complete each sentence with a word from the box.

Believe Funnily Generally Incredibly

- 1 _____ as it may sound, there were times during the ordeal when I was incredibly happy. I think it was simply because I was still alive.
- 2 _____ enough, I sometimes miss the feeling of suspense and not knowing whether I would survive another day.
- 3 _____ speaking, the local people were very friendly and helped us with supplies.
- 4 _____ it or not, Peter just won the archery tournament! Amazing, isn't it?

Gradable and ungradable adjectives

- 2 *Quite* can be used to both modify and intensify words in certain contexts. Decide whether *quite* in the statements below means a) fairly or b) totally/completely.

- 1 You're quite right. I couldn't agree with you more.
- 2 It looks quite rough out there. I wouldn't go sailing today if I were you.
- 3 What a journey! I feel quite exhausted.
- 4 The route for the car rally this year is quite challenging, and will certainly test the drivers.

- 3 Complete each sentence by using an adverb from Box A and an adjective from Box B to form collocations.

A highly meticulously perfectly purely
ridiculously stunningly

B beautiful capable coincidental expensive
tidy unlikely

- 1 Laura argued that she was _____ of taking care of herself in the ocean.
- 2 After his tenth defeat in a row yesterday, it now seems _____ that Jim will continue playing professionally.
- 3 The early-morning view from the top of the Grand Canyon was _____.
- 4 During her voyage, Ellen kept the boat's cabin _____ so that she could find things easily in an emergency.
- 5 Steve coming to my rescue like that was _____. He didn't even know I was taking part in the race.
- 6 That new GPS system was _____ to install. I'm going to be on a tight budget from now on!

Adverb-adjective collocations

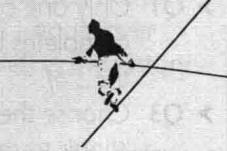
- 4 Complete each sentence by crossing out the adverb in italics which does not commonly collocate with the adjective.
- 1 The sea looked *deceptively / genuinely / perfectly* calm, but Laura knew there was a storm coming.
 - 2 It was *stupidly / tremendously / perceptibly* naïve of you to think you could go windsurfing in this weather! You almost drowned!
 - 3 Sharon was *patently / genuinely / understandably* surprised to have won that award.
 - 4 The spectators became *perceptibly / decidedly / unbearably* quieter as the chess game got under way.
 - 5 After his outburst on the pitch, the player was *conspicuously / deceptively / reassuringly* absent from the press conference.
 - 6 It was becoming *decidedly / patently / stupidly* obvious to the crew that they would have to radio for help.

Collocations

- 5 Complete the text with words from the box.

*painfully reluctantly seriously sheer
somewhat truly utterly widely*

Fulfilling the dream of a lifetime



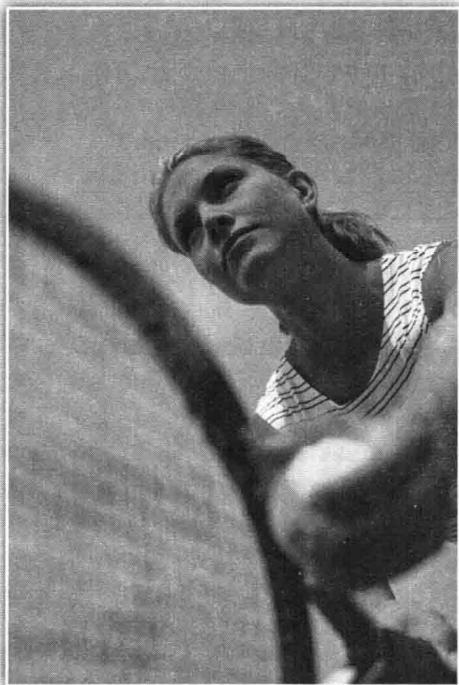
On June 15th 2012, in a (1) _____ publicised event, 33-year-old Nik Wallenda realised his lifetime dream of becoming the first man to walk across Niagara Falls on a tightrope. An accomplished stuntman, Wallenda already held several world records for tightrope walking, but found this experience totally different from any other, due to the (2) _____ power of the water thundering just below him, shooting up spray that (3) _____ hindered visibility. Afterwards he recalled feeling, while not exactly frightened, (4) _____ unnerved by not being able to focus on the movement of the cable, since all he could see was cascading water and this mist all around him. He was also (5) _____ aware of the safety rope he had (6) _____ agreed to wear dragging along the wire behind him. At some point just after the halfway mark, he admitted to feeling (7) _____ drained, both mentally and physically, but his concentration and training kept him going. As Wallenda ran the last 15 feet with the crowd cheering him on, one young onlooker described the spectacle as (8) '_____ awesome'.

Use of English (Paper 1 Part 3)

Word formation

HELP

- Q2 This noun needs to become a verb. It follows the same pattern as 'sympathy'.
- Q3 You must add another word to make a compound here – it is the opposite of 'triumphs'.
- Q6 You need to add a prefix here.
- Q7 You should turn this verb into an adjective.



- 1 Read the title of the text. What makes tennis such a popular spectator sport? Why do some people dislike it?
- 2 Read the whole text quickly to get the general meaning, then read it again and complete the task. Use the Help clues if necessary.

For questions 1 – 8, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits the space in the same line. There is an example at the beginning (0).

The fascination of tennis

People who are unfamiliar with tennis often find its appeal (0) PUZZLING. What is so gripping about watching two people (1) _____ hit a fluffy pressurised ball across a net, they wonder. Yet tennis is a major spectator sport, that catches the imagination of millions. This is partly because when we watch a match, we (2) _____ with the players, sharing their triumphs and (3) _____ as, like them, we focus intently on every shot. The tension is palpable and the spectator is (4) _____ drawn into the duel being played out on court. But some of the fascination also comes from the (5) _____ of the game itself. David Foster Wallace, who wrote *Infinite Jest*, a work of fiction about the sport, provides a valuable (6) _____ into the technical background when he describes tennis as 'chess on the run.' According to Wallace, professional players are making (7) _____ calculations every moment the ball is in play, as they seek to anticipate how their (8) _____ will return a shot and what their own response needs to be.

PUZZLE
REPEAT

EMPATHY
SET

ESCAPE

INTRICATE

SIGHT

MULTIPLY

OPPOSE

- 3 Find words in the text that mean:

- 1 that holds your attention
- 2 victories
- 3 that you can feel
- 4 interpersonal battle

- 4 Make verbs from these adjectives.

- 1 popular
- 2 mechanical
- 3 neutral
- 4 critical
- 5 legitimate
- 6 emphatic
- 7 analytical
- 8 hypothetical
- 9 digital
- 10 energetic

Vocabulary development 2

Verbs connected with eating and diet

1 Complete the text with verbs from the box.

acquire chew crave eliminate incorporate
savour water whet

Tips for balancing your diet

- Rather than calories and quantity, think of food in terms of colour, variety and freshness. Try to (1) _____ different-coloured fruits and vegetables into your daily menu.
- Make gradual changes to your diet. There's no need to completely (2) _____ those sweets that make your mouth (3) _____ but try and reduce the frequency with which you eat them.
- (4) _____ a taste for salads by experimenting with flavours. Adding olive oil and balsamic vinegar, or nuts and honey to leafy green salads makes them incredibly tasty, and is also healthy.
- Add naturally sweet vegetables, such as corn, carrots, sweet potatoes, yams and squash to your salads to make them more interesting and (5) _____ your appetite for fresh food. In doing so, you will find that you (6) _____ other sweets less.
- Finally, learn to slow down the pace at which you eat. (7) _____ your food properly before swallowing it, and (8) _____ every mouthful. Eating with other people will help you to achieve this, as it makes the mealtime experience more enjoyable.

A matter of taste

2 Complete each sentence by choosing the correct option.

- 1 Don't eat that bread! It's three days old, so it'll be _____.
 A crumbly B stale C crusty
- 2 I love eating _____ raw carrots as a snack.
 A crispy B crusty C crunchy
- 3 Why not try our _____ 5oz sirloin steak, chargrilled to perfection?
 A succulent B crispy C tangy
- 4 If the water is too hot, the coffee will taste _____.
 A tangy B sour C bitter

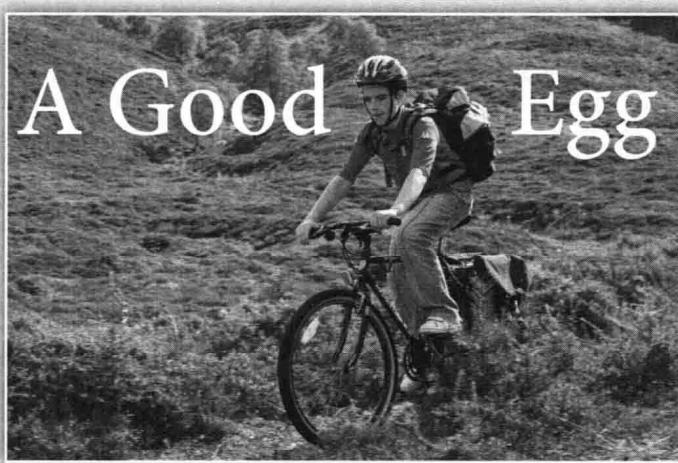
Collocations to do with food

3 Match the beginnings of the sentences (1–8) with their endings (A–H).

- | | |
|--|-----|
| 1 Every Saturday a market selling only organic | (A) |
| 2 Rice is the staple | (B) |
| 3 A diet rich in complex | (C) |
| 4 You're anaemic, so take this course of dietary | (D) |
| 5 Treat your taste | (E) |
| 6 For the best results, use only natural | (F) |
| 7 To maintain a balanced | (G) |
| 8 Salmon and tuna are good sources of essential | (H) |
- A ingredients rather than processed ones.
 B buds to this tangy fruit smoothie.
 C fatty acids such as Omega 3.
 D food of many Japanese people.
 E produce is held in the town square.
 F diet, eat a variety of fruit and vegetables.
 G supplements to re-establish a balance.
 H carbohydrates like pulses gives you energy.

More food idioms

4 Rewrite the story below, replacing the underlined phrases with your own words.



When fourteen-year-old Jason Walker sat his parents down and, (1) cool as a cucumber, told them he was going to cycle round the UK to raise money for Cancer Research, his dad initially (2) went bananas. He told Jason that he was (3) as nutty as a fruitcake and that he (4) had too much on his plate to go galavanting off for six months on some (5) half-baked whim. Jason calmly replied that, seeing as he was the (6) cream of the crop in his class and had little difficulty with his lessons, it would be a (7) piece of cake for him to catch up with his schoolwork when he got home. His dad finally relented and Jason set off on his grand adventure. Apart from once finding himself (8) in a pickle when he was chased through a village by a pack of dogs, he achieved his goal. So, his father was forced to (9) eat his words and finally admit that in fact he was immensely proud of what his son had done!

Reading (Paper 1 Part 7)**Multiple matching**

- 1 Read the title of the text. What issues do you think will be raised about football supporters and how their attitudes may have changed in recent years?
- 2 Read quickly to check your predictions and find out what the following are given as an example of: Den Haag, Carlisle United, Arsenal, Chelsea, the Calciopoli scandal.
- 3 Read the instructions for the exam task. Then read all the questions and underline the key words in each question. Then complete the exam task. Use the Help clues if necessary.

HELP

- Q2 A parallel is a type of comparison.
- Q3 A common misconception is mentioned in Sections A and B – which person conforms to it?
- Q6 Allegiance means 'loyalty'.

EXPERT LANGUAGE

Look back at Section B of the text. Find four examples of a quantifier used as a pronoun.

EXPERT WORD CHECK

*lifelong lapse glory hunter
hooliganism bribery gambler
pervade immune match-fixing
wrongdoing*

You are going to read an article about footballer supporters. For questions 1 – 10, choose from the sections (A – D). The sections may be chosen more than once.

In which section does the writer seek to account for a mismatch between level of support and achievement?

1

give the example of an individual who appears to conform to a common misconception?

2

mention an individual who became disillusioned with football following a disclosure?

3

outline evidence that contradicts a widely held assertion?

4

point to likely explanations for changes of allegiance amongst football fans?

5

provide an example of the broadening appeal of football generally?

6

refer to some research that confirms the extent of one factor affecting fan loyalty?

7

report a reluctance within football to confront certain issues?

8

suggest that there has been relatively little research into a phenomenon he outlines?

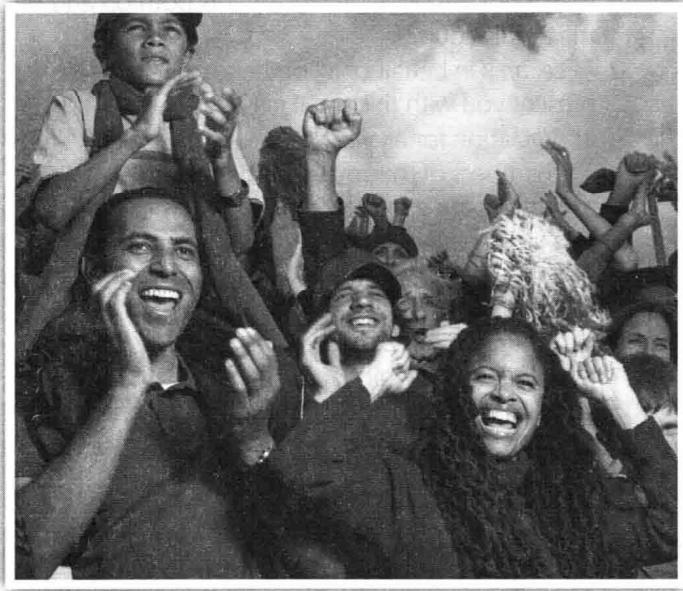
9

10

- 4 Find words in the text that mean:

- 1 addicted (Section A)
- 2 committed supporters (Section B)
- 3 spectator numbers (Section B)
- 4 fall into disuse (Section B)
- 5 puts (people) off (Section C)
- 6 dishonest (Section C)
- 7 sudden fall in number (Section C)
- 8 may have negative future implications (Section D)
- 9 profitable (Section D)
- 10 withdraw (Section D)

Why we still follow football



A Like a lot of people, I still remember the first football match I ever saw. It was in The Hague in 1979, and Den Haag beat Utrecht 3–1. That day we discovered my brother needed glasses, because he couldn't read the scoreboard.

Going to watch football is one of the comforting rituals that carry you through life. It's also one of the few pleasures that parents and children can share: in the stadium, everyone becomes nine years old again. To quote a poem by the Dutchman Henk Spaan, 'A stadium is a monument to the common man.' Nowadays, the common woman goes too. Yet this ritual is poorly understood. The sports economist Stefan Szymanski and I have just published a new version of our book *Soccernomics* and two questions we ask are: why exactly do people go to watch football? And what makes them stop? The great myth is that most spectators simply have to go; that they are helpless, lifelong fans of one club, bound to it by blood and soil. This myth was nicely worded by Charles Burgess, journalist and Carlisle United fan, 'There never was any choice. My dad took me ... to watch the derby match against Workington Town just after Christmas 41 years ago. I was hooked and have been ever since. My support has been about who we are and where we are from.'

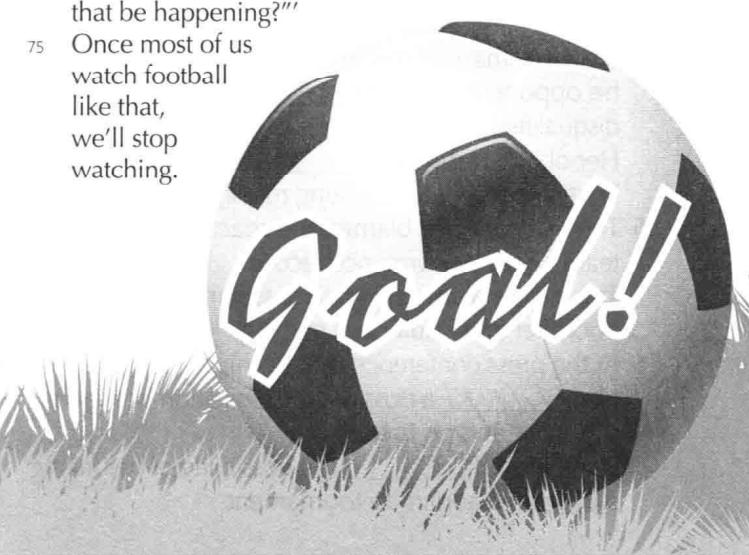
B British fans, in particular, like to present themselves as lifelong diehards, and some are. However, as Szymanski and I found, while studying 61 years of English football attendances, most aren't. Indeed very few take their seats year after year at the same club. Many people change clubs. For instance, according to surveys carried out by the Sport+Markt consultancy, 90 percent of English fans of Chelsea in 2006 had not supported the club in 2003. Some fans move to another town and start watching their new local club, or start following the team their children like, or abandon football because they're too busy. The marketing

expert Alan Tapp, studying a club in the English Midlands, found that fans who let their season-tickets lapse often had small children. Older people, with less complicated lives, tended to keep their seats. In other words, showing up year in, year out isn't a great marker of loyalty; rather, it's a good marker of age. Few English fans are lifelong diehards. But nor are most glory hunters, who only watch winning teams.

C Rather, we found that most spectators go to watch a plausible team playing locally in a comfortable, safe stadium – winning matters less to them than having a pleasant experience. Arsenal is the perfect example: when the club moved from Highbury to the Emirates, the larger new stadium filled, even though the team had stopped winning trophies. We know that hooliganism deters fans from going to football. But one thing deters them even more: match-fixing. If people think that crooked players or referees have fixed results in advance, they will stop going. After Italy's Calciopoli bribery scandal broke in 2006, a Roman friend emailed me to say he was 'in a strange mood. It was all fake!' He'd always thought he was watching reality, but it had just been a show. The economists Babatunde Buraimo, Giuseppe Migali and Rob Simmons showed in a recent paper that the five top-division clubs found guilty in Calciopoli subsequently saw their attendances slump. These teams lost perhaps a fifth more fans than 'innocent' clubs.

D That is ominous, because match-fixing is going global. The rise in online betting, especially in Asia, has made it more lucrative for gamblers to fix matches. Sometimes clubs secretly bet on themselves to lose. The economist Romesh Vaitilingam found a similar phenomenon in tennis, where players often bet on themselves to lose first-round matches, and then pull out, claiming to be injured. Match-fixing has pervaded football from Asia to Italy. Perhaps only a handful of leagues on earth remain immune, for now. Steven de Lil, the policeman in charge of fighting 'football fraud' in Belgium, told me it's very hard to catch match-fixers. Football is a closed world, and clubs rarely report wrongdoing, he said. What de Lil has seen influences the way he now watches football as a fan, 'I always have my suspicions. I go to see a good match, but pretty soon I'm thinking, "How can that be happening?"'

Once most of us watch football like that, we'll stop watching.



Language development 2

► CB p. 146, GR pp. 187–188

Adjectives, nouns, verbs and prepositions

1 Replace one incorrect preposition in each sentence.

- 1 The Olympic gold medallist attributes her improved performance in her recent change to a raw food diet.
- 2 Selection for the team will be subject from your performance in the trials next week.
- 3 The trainer imposed a strict diet and training programme for all the athletes in the Olympic team.
- 4 Leafy green vegetables contribute with the healthy development of memory.
- 5 I am often confused on all the mixed messages we receive about which foods are good for our health and which aren't.
- 6 Any athlete who fails to comply by the rules of the tournament will be disqualified.

Same word, but which preposition?

2 Some words can be followed by more than one preposition. Complete each sentence with the correct preposition.

- 1 Claire's going to become a nursery school teacher because she's very **good** _____ young children. Jodie's exceptionally **good** _____ diving, and has won several medals.
Raw fish is extremely **good** _____ you, as it contains a number of minerals which are difficult to find in other foods.
- 2 Did you **apply** _____ that job at the sports centre?
I've just **applied** _____ study Sports Nutrition at Teeside University.
- 3 Water **counts** _____ 61.8 percent of a person's body weight.
I know I can **count** _____ you to help me stick to this low-fat diet.
I managed to get the day off after all, so if you still have tickets left for the final, you can **count** me _____ !
- 4 He had a massive row with both the umpire and his opponent, **resulting** _____ his being disqualified.
Her obesity **resulted** _____ a largely sedentary lifestyle and a diet consisting mainly of junk food.
- 5 The management **blamed** the coach _____ the team's poor performance record.
The athlete **blamed** his failure to win _____ poor diet and insufficient training.
- 6 At the press conference this morning, there was no **hint** _____ a possible reconciliation between the boxer and his trainer.
Paula **hinted** _____ the possibility of her taking part in the badminton tournament.

Prepositional phrases

3 Complete each sentence by circling the correct word or phrase from each pair in italics.

- 1 She won the Sportsperson of the Year award *by* / *in* recognition of her achievements both on and off the tennis court.
- 2 Alice, *on* / *in* behalf of all of the team, I'd like to present you with this small gift as a token of our appreciation for all your hard work.
- 3 All members of the squad, *beyond* / *without* exception, are expected to be on the pitch at 7.30 a.m., ready for training.
- 4 Taking a day off just before an important competition is *out of* / *beyond* the question. So, forget it!
- 5 Simon made some drastic changes to his diet *for* / *from* fear of getting heart disease.
- 6 *With* / *In* all likelihood, the team will be relegated at the end of the season, as they have failed to win a match so far.

Mixed prepositions

4 Complete the text with suitable prepositions.

Eat raw meat?

There is an abundance (1) _____ cookbooks on the market which advocate changing to a raw-food lifestyle. Since the switch to raw food was endorsed by celebrity chefs like Gordon Ramsay, raw-food restaurants have started sprouting up around the country. And opting (2) _____ uncooked food does not mean abstaining (3) _____ eating meat. Ramsay says, 'a lot of people are a little bit intimidated (4) _____ the idea of eating raw meat and fish, which is a great shame, because I think they are really missing out – it is a very healthy and natural way (5) _____ doing things.' A number of nutritionists and food experts committed (6) _____ the raw-food diet now offer courses (7) _____ how to make the switch, claiming that the health benefits (8) _____ going raw are many. Raw foods are packed (9) _____ valuable enzymes, which are a wonderful source (10) _____ energy and also play a role (11) _____ maintaining a healthy digestive system. Cooking destroys these enzymes.

Some nutritionists question the justification (12) _____ eating raw meat, however, expressing concern (13) _____ whether it is safe. They argue that eating raw mass-produced beef, pork and lamb that are full of hormones is not conducive (14) _____ a healthy diet. People prone (15) _____ allergies should therefore be wary (16) _____ choosing to eat raw food, and care should be taken in the preparation (17) _____ raw meat (18) _____ general.

There is no doubt that eating a certain amount of raw food (19) _____ a regular basis is good for you but if you're planning on eating raw meat and fish, make sure you get advice (20) _____ how to prepare it safely.

Use of English (Paper 1 Part 2)

Open cloze

- 1 Read the title of the text. What advantages of exercise do you expect to be praised?
- 2 Read the whole text quickly to get the general meaning, then read again carefully and complete the gaps. Use the Help clues if necessary.

HELP

- Q1 Look forward in the sentence – you need a word that complements *that*.
- Q3 You need a word that makes a phrase with *to whether* to provide a link.
- Q5 You need a preposition to complete an idiomatic expression with *their own steam*.
- Q7 Which verb makes the phrasal verb meaning 'to tolerate'?
- Q8 You need a preposition here that means 'further than.'

EXPERT LANGUAGE

Look back at the text. Find:

- an auxiliary verb used for emphasis
- a verb followed by a participle

For questions 1 – 8, read the text below and think of the word that best fits each space. Use only one word in each space. There is an example at the beginning (0).

In praise of exercise

Few people would question the assertion that taking exercise is a good thing. Exercise is reputed to tackle a wide range of health issues head on, (0) NOT least obesity, depression and poor circulation. Indeed, (1) _____ extensive is the list of ailments for (2) _____ exercise is potentially beneficial that you'd think doctors would start prescribing it instead of drugs. It's rather a neat idea. Apparently, however, doubts exist (3) _____ to whether such a policy could ever work in practice. Doctors do, of course, sometimes prescribe exercise programmes, often of six weeks' duration and under the supervision of a fitness instructor, and the short-term benefits are generally evident. But (4) _____ it comes to the longer term, with patients having to carry on with the programme (5) _____ their own steam, the situation is less (6) _____ cut. In short, it only works if you can get people to do it. Whilst people can (7) _____ up with anything for six weeks, a long-term commitment involves a lifestyle change, and that seems to go (8) _____ many people's capabilities.

3 Find words in the text that mean:

- 1 a clearly stated opinion
- 2 directly
- 3 movement of the blood around the body
- 4 to deal with
- 5 illnesses
- 6 to summarise
