

Complete the sentences. Use the words in the box.

1 **Paul** Hi! Ruth – just the person. Have you got a ✓ ?

2 **Ruth** I'll have a green tea, I ✓ coffee last month.

3 **Ruth** It got to the point where I couldn't ✓ without a strong
coffee inside me.

4 **Ruth** Maybe, but with me it was becoming a real ✓ .

5 **Paul** Poor you! Is there no ✓ available?

6 **Ruth** The ✓ said that I should quit coffee.

habit	treatment	specialist
minute	concentrate	gave up

Listen to the conversation between two work colleagues. Choose True or False.

		True	False
Ruth no longer drinks coffee.	✓	☒	☐
Ruth does not sleep well.	✓	☒	☐
Ruth will have an operation in two years' time.	✓	☐	☒
Ruth has seen herself sleeping on video.	✓	☒	☐
Ruth has been told that she will have to wear something to help her breathe.	✓	☐	☒



Listen and choose the correct option.

1 Why did Ruth stop drinking coffee? 

- ☐ Because she prefers green tea.
- ☒ Because she was drinking too much of it.
- ☐ Because many other people are giving up coffee these days.

2 How many cups of coffee did Ruth have before lunch? 

- ☐ 1
- ☐ 2
- ☒ 3

3 How often does Ruth wake up every hour? 

- ☒ 30 times
- ☐ 20 times
- ☐ 15 times

4 How successful was the operation Ruth had? 

- ☐ Her sleeping is the same as before.
- ☐ Her sleeping is better than before.
- ☒ Her sleeping is worse than before.

5 What did Ruth do at the sleep clinic? 

- ☐ She tried out a sleeping mask.
- ☐ She had a second operation.
- ☒ She watched herself sleeping on film.

6 How does Ruth feel now that she no longer drinks coffee? 

- ☐ She has terrible headaches.
- ☒ She feels much more energetic.
- ☐ She is now unable to work.

Complete the phrasal verbs in the sentences. Use the words in the box.

- 1 I gave  sugar in tea when I was at university.
- 2 The train's broken . I'm not sure what time I'll be back – sorry!
- 3 Can you make  that signpost over there? Does it say 'Prague'?
- 4 I've finally signed  for the gym. Are you there tonight?
- 5 When swimming in the lake, I sometimes feel I could go  forever.
- 6 Fitness is important, but don't let it take  your life.
- 7 I don't get  very well with our new coach.

down out on up

over up up on on

up

✓ When swimming in the lake, I sometimes feel I could go on forever.

6 Fitness is important, but don't let it take over ☒ your life.

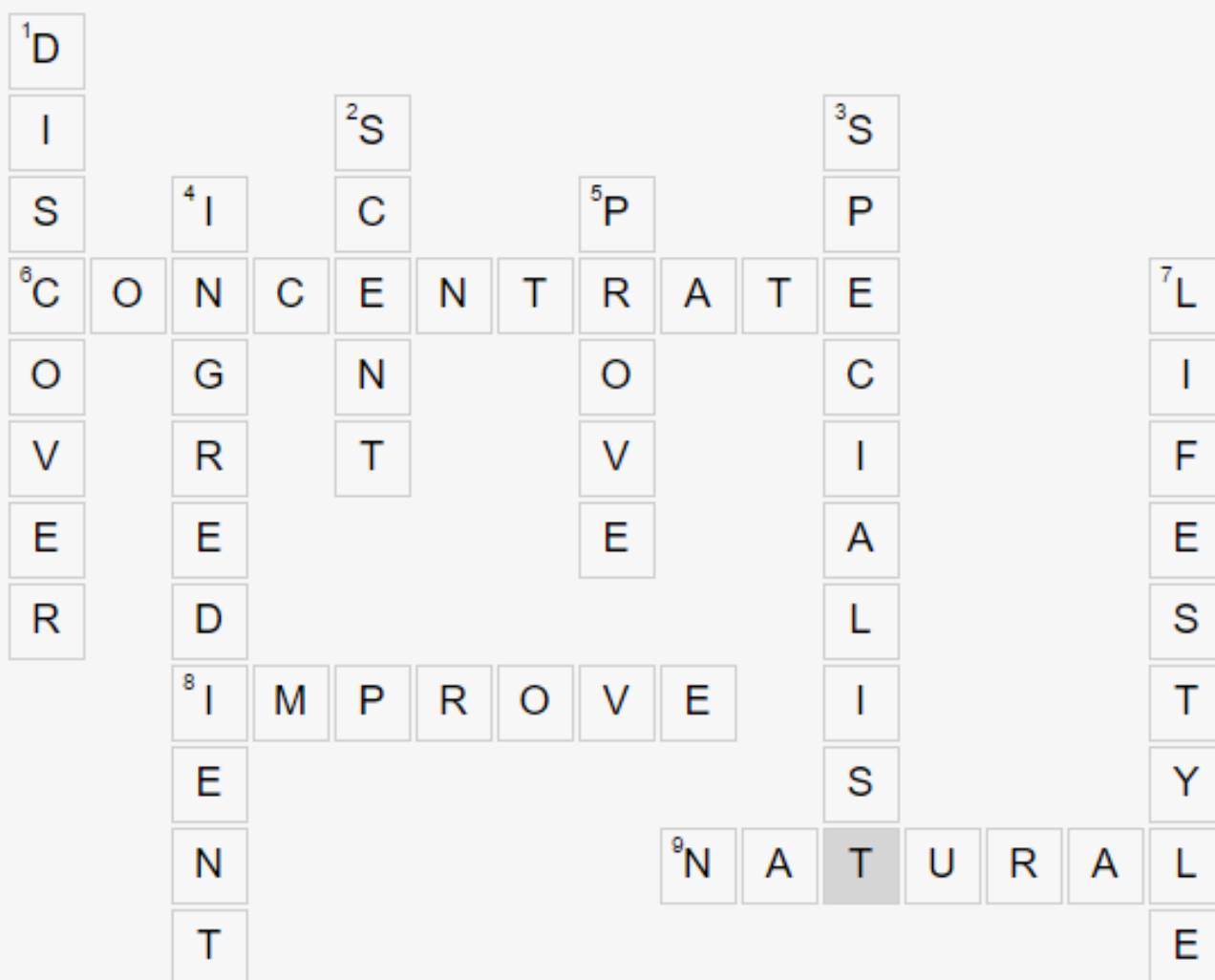
7 I don't get on ☒ very well with our new coach.

8 Keep Fit went on ☒ for ages tonight – I thought we'd never stop!

9 I've decided to take up ☒ yoga. My classes start next week.

10 We're bringing our children up ☒ bilingually.

Complete the crossword puzzle.



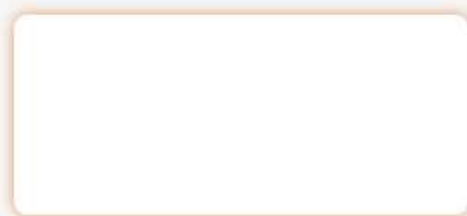
Complete the advertisements. Use the words in the box.

1 Drop by today! Let ✓ our team of experts help you make that change!

2 Think you can run a marathon? Prove ✓ yourself right this summer!

3 Watching TV? Go ✓ out and do something else more interesting
instead!

4 Do you need a change of lifestyle? Relax ✓ and enjoy our luxurious spa
waters this weekend!



4 Do you need a change of lifestyle? [Relax](#)  and enjoy our luxurious spa waters this weekend!

5 Still unsure? Get online now! [Learn](#)  more about why hundreds are joining every day!

6 Don't delay! [Sign](#)  up now for one month's free membership!

1 I can't take much more of this stressful lifestyle.

Why don't you slow down a little, then?



2 The doctor says I'm rather overweight.

Well, why not come running with me. It's a great fat burner!



3 I'd like to go, but I can't actually swim.

Have you thought about taking lessons?



4 I like the idea of sports, but just can't find the one for me.

Hmmm. Have you tried cycling? I started last summer and I love it!



5 I don't agree with the coach's treatment of the players.

Maybe you should speak to him in private.



6 I'm slightly concerned about my son's well-being. He's so far away!

There's no point worrying – why not call him?



7 I just don't seem to be able to concentrate these days.

Have you tried going to bed earlier?



8 I'm never able to relax in the evenings.

It might help if you tried putting your phone down!



9 I can never read signposts when driving.

Do you think you might need glasses?



10 I'm not sure I have all the right ingredients.

Let's treat ourselves to a meal out instead.



- 1 Everyone knows that swimming is the best all-round form of exercise. ✓
- 2 We all know that our diet needs to improve. ✓
- 3 Most people think that they should exercise more frequently. ✓
- 4 There is no doubt that the government can do more to encourage sports for everyone. ✓
- 5 There is no question that many people can't afford to join a gym. ✓
- 6 There is no doubt that there are too many overweight people in this country. ✓
- 7 Everyone would agree that we should all take better care of our bodies. ✓
- 8 Few people realize that running can be dangerous if you don't have the right shoes. ✓

- 1 ▶ You go. Honestly, I'll be fine. I'll just stay home and watch a movie.

happy

- 2 ▶ You go. Honestly, I'll be fine. I'll just stay home and watch a movie.

enthusiastic



- 3 ▶ You go. Honestly, I'll be fine. I'll just stay home and watch a movie.

sad



4 ▶ You go. Honestly, I'll be fine. I'll just stay home and watch a movie.

neutral



5 ▶ You go. Honestly, I'll be fine. I'll just stay home and watch a movie.

amused



6 ▶ You go. Honestly, I'll be fine. I'll just stay home and watch a movie.

cynical



7 ▶ You go. Honestly, I'll be fine. I'll just stay home and watch a movie.

uncertain

