

# Unit 6

## Unit 6 Revision

### 1 Vocabulary exercise and health

Read these top tips for exercise and health. Complete the expressions to do with exercise and health. You need to use the correct form of the verbs.

There are many ways to <sup>1</sup> ..... in shape.

Most experts suggested eating healthily and <sup>2</sup> ..... up some form of exercise.

One of the simplest forms of exercise is to <sup>3</sup> ..... for a walk or a run every day.

But remember to <sup>4</sup> ..... your legs before you start.

If you want intensive exercise, try <sup>5</sup> ..... out at the gym.

Remember, if you decide to <sup>6</sup> ..... on a diet, make sure you check with your doctor first if you have any medical problems.

The most important thing is to <sup>7</sup> ..... fit – find a sport you enjoy doing and stick with it!

And finally, if you <sup>8</sup> ..... active, you're more likely to stay fit and healthy.

### 2 Language focus phrasal verbs

Rewrite the sentences replacing the words in italics with pronouns. Remember to put the pronoun in the correct place in the sentence.

1 I've been looking for *my memory stick* all day.

.....

2 There were insufficient nominations, so they put off *the meeting* for another week.

.....

3 It turned out that he'd made up *his excuse for being late for training*. In fact, he'd just overslept!

.....

4 He had notes from a previous talk, so he had to fall back on *those notes* as he didn't have time to prepare new ones.

.....

5 She gave up *swimming lessons* after only a month.

.....

6 It took six months for her to get over *her broken arm*.

.....

7 I'm afraid you're just going to have to put up with *the fact that you haven't been selected for the team*.

.....

8 Jake always comes up with *rational suggestions* at our team meetings.

.....

### 3 Vocabulary injuries

Complete these sentences to make collocations to describe common injuries. You need to use the correct form of the verbs.

1 He fell over while skiing and ..... his ribs; nothing was broken, but it was very painful!

2 The concert was so loud we had to shout all evening; consequently I ..... my voice the next day.

3 If you ..... your knee, it's not a serious injury – you just need to clean it up and put on a plaster.

4 She couldn't play in the match because she'd ..... a muscle in her leg.

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- 5 My husband ..... his back and couldn't carry anything for weeks.
- 6 Have you ever ..... a bone? It's very painful.
- 7 If you ..... your ankle, you should rest it immediately and if it swells up, seek medical attention.
- 8 She tripped and ..... her head on the chair; it wasn't serious, but she did feel foolish!

### 4 Idioms health

Complete the sentences and make idioms to do with health. Then match the idioms with the definitions (a–f).

- 1 A: How's Roberto?  
B: He's been ill for three weeks, but I think he's finally *on the* .....
- 2 A: Are you feeling OK?  
B: Well, I haven't got anything serious, I'm just feeling a little *under the* .....
- 3 A: How was Alicia after the accident?  
B: She's OK – she wasn't seriously hurt, but she's feeling a bit *shaken* .....
- 4 A: Anita could never be a doctor, could she?  
B: I know. She *passes* ..... at the first sight of blood.
- 5 A: You look terrible!  
B: Yes, I've got a bad cold and I feel really *run* .....
- 6 A: Is Tomas OK? He looks really *off* .....  
B: Yes, I know. I'm not sure what's the matter.

- a tired and lacking in energy
- b unwell
- c pale
- d distressed
- e getting better
- f faints

### 5 Language focus verb patterns

Complete these sentences using the correct verb pattern. Use the words in brackets. Sometimes you will need to add a preposition.

- 1 If you wish to compete in the half-marathon, training programmes generally ..... (recommend / train) for at least twelve weeks.
- 2 Due to her injuries, she ..... (decide / pull out) from the race.
- 3 The bad conditions ..... (prevent / the team / score) a goal.
- 4 Nina's father arrived just before the end of the match, so he ..... (see / her / win) the final point.
- 5 Dan is always ..... (complain / feel) tired. He needs to have a healthier lifestyle.
- 6 The athlete did very well in the regional competition, so his trainer ..... (encourage / him / compete) at a national level.
- 7 Tanya always ..... (worry / wear) the right clothes. I think you should just feel comfortable in yourself.
- 8 Should you start to feel dizzy, we ..... (advise / you / sit) down.

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### 6 Word focus *face*

Rewrite the words in italics using the words in brackets to make expressions with *face*.

1 *At first glance*, it looks like a great training programme, but will it really work? (on)

.....

2 He didn't win, but he *didn't show his disappointment*. (brave)

.....

3 I could tell my friend was upset. She had such a *sad look*. (long)

.....

4 It's difficult to admit you've made a mistake, especially if you think you'll *damage your credibility*. (lose)

.....

5 I didn't mean to laugh, but I had trouble *not laughing*. (keep)

.....

6 He didn't study and so didn't pass his exams. Now he has to *confront the situation* and decide what he's going to do next. (music)

.....