

Read the text about how to choose the sport best for you . Some of the lines are correct; some have a word, which should not be there. Write this word in the box next to the line. If the line is correct put a tick (✓) in the box.

Choose Your Sport



- 1 Everyone knows that exercise is good for the body and mind. While we all want
- 2 to keep fit and look good enough, but too many of us take up the wrong sport
- 3 and quickly lose interest. So now, fitness experts are advising people to
- 4 choose an unusual activity that matches their character.
- 5 For example, those who like to be with other people often enjoy golf themselves
- 6 or squash, or prefer to playing for a basketball , football or hockey team. If,
- 7 though, you're happier on your own you may rather go jogging or swimming.
- 8 Do you like competition? Then try something like running, or a racket sport
- 9 such as tennis. If, on the other hand, it isn't important to you, then the activities
- 10 like dancing can be an enjoyable challenge without being the need to show
- 11 you're better than everyone else.
- 12 Finally, think about whether you find it easy to make yourself do another exercise.
- 13 If, so, sports like weight training at home and cycling are fine. If not, book out
- 14 a skiing holiday, Taekwondo lessons, or a tennis court. You're much more
- 15 likely to do something you've already been paid for.

KEY

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