

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.

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## KEY

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