

Reading

(20 marks)

Spotlight on Local Business

Iris Beardsley is the owner of *Total Gym* on Prince's Street. I asked her to explain why it has become the most successful sports centre in the area.

'Many people join a gym but they soon give up their exercise regime and stop going. At *Total Gym* we spend a lot of time with people when they join. We create a complete health plan for new members, suggesting that they take up activities that match their lifestyle and needs. We also give advice about diet and stress management. The result? Members find that

coming here three times a week is not as difficult as they'd imagined. We have the best facilities in town – exercise machines, swimming pool, squash courts, you name it. We organise a variety of classes, which are free for members.'

There's also a restaurant, called *Low-Cal Fare*. I asked Iris about the idea behind this.

'We wanted to provide a place for members and non-members to eat where the food is healthier than in other restaurants in the area. We use fresh products, and our dishes are very nutritional and low in calories.

A healthy lifestyle is about diet too!'

Total Gym is more expensive than a conventional gym, but its members are very faithful.

'My members make more regular visits than the members of other gyms, so they get excellent value for money. And they get a 10% discount at the restaurant.'

1 Are these sentences true (T) or false (F)? (___/5)

- 1 Iris Beardsley is a member of *Total Gym*. T / F
- 2 Members have to follow a special diet. T / F
- 3 Most members go to the gym regularly. T / F
- 4 Members don't have to pay for classes. T / F
- 5 You have to be a member to go to *Low-Cal Fare*. T / F
- 6 The restaurant is cheaper if you're a member of the gym. T / F

2 Complete the sentences with words from the article. (___/5)

- 1 Are you a house owner, or do you rent?
- 2 I want to stop smoking. What's the best way to _____?
- 3 If you're stressed, you should _____ yoga.
- 4 There are some tennis _____ near my house, so I play a lot.
- 5 I love pasta. Spaghetti Bolognese is one of my favourite _____.
- 6 We eat a _____ diet, with plenty of fresh fruit.