



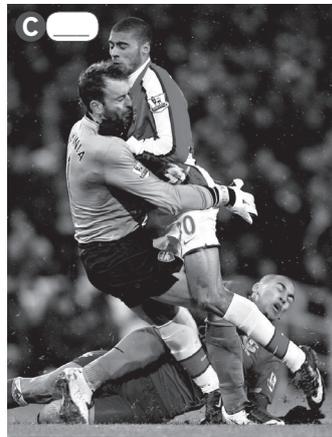
Exercise can be dangerous!

1 Categorise the words. Complete the table.

taking-exercise ache jogging pill flu fever cycle run
operation cut (v) bandages break (v) go to hospital

Healthy activities	Health problems	Treatment
<i>taking exercise</i>		

2 Match paragraphs 1-4 to photos A-D.



Exercise can be dangerous!

- 1 What a crazy sport! You should expect accidents if you (0) cycle as fast as you can down a mountain! Most injured mountain bikers hurt their heads or (1) _____ themselves falling off.
- 2 There are about 240 million registered football players in the world. With that many it isn't surprising that some of them (2) _____ into each other! Most football accidents aren't that serious. Even if they need to have an (3) _____, players usually recover quickly.
- 3 Did you know that for every 1,000 skiers there are usually two or three that need to (4) _____ every day? Skiers under the age of 18 have the worst time. They are much more likely than older skiers to (5) _____ their legs, wrists and thumbs. Ouch!
- 4 You wouldn't think golf could be dangerous, would you? But actually, about 15 to 20 per cent of golfers get serious back (6) _____ every year. This has nothing to do with their age of course!

3 Complete the paragraphs with words from Activity 1.

4 Work in groups. Talk about the accidents you or someone you know have had. As a group, decide which is the worst accident.

- A I hurt myself playing football when I was nine.
- B What happened?
- A I broke my leg - it was horrible.
- B Ouch! That sounds much worse than when I ...

5 Choose one person from your group to tell the class about the accident you have chosen and why. Once you have heard from all the groups in your class, vote on which accident is the worst.