

I. Choose the words that best complete the sentences in the text.

For many people doing physical exercise may (1) a painful torturing of the body. Therefore, there's usually something we come up with that is (2) bigger importance than putting one's muscles through their (3). Unless we are forced to go in for a physical training, we are (4) to treat it as something of a lower (5) than staying in front of the TV set, spending time in a pub (6) alcoholic beverages or consuming excessive quantities of fattening confectionery in a cafe. We need to be considerably motivated to (7) up a body workout and build our physical fitness. What usually (8) individuals from (9) themselves to strenuous exercise is the fear of fatigue, discomfort or even the (10) of being outdone by true fitness zealots.

However, getting fit is fully a (11) of common sense. Different forms of exercise may be of great (12) to the human body increasing its strength, flexibility and endurance. When supported by a nutritious diet, much better performance of the heart and the lungs improves the blood circulation making an individual more resistant to stressful situations as well as more (13) to infections and diseases.

In the first place, self-discipline that is requisite for proceeding with such physical effort ought to be attained to (14) that the intention of becoming healthier and more vigorous isn't (15) by any trivial impediments.

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| 1. a) incorporate | b) entail | c) administer | d) correspond |
| 2. a) in | b) with | c) at | d) of |
| 3. a) paces | b) efforts | c) labours | d) burdens |
| 4. a) tended | b) implied | c) affirmed | d) inclined |
| 5. a) superiority | b) privilege | c) advantage | d) priority |
| 6. a) smacking | b) sipping | c) seething | d) sniffing |
| 7. a) take | b) put | c) get | d) make |
| 8. a) rejects | b) denies | c) opposes | d) repels |
| 9. a) committing | b) absorbing | c) involving | d) engrossing |
| 10. a) hindrances | b) impairments | c) preventions | d) inhibitions |
| 11. a) point | b) case | c) matter | d) reason |
| 12. a) liking | b) benefit | c) appreciation | d) gain |
| 13. a) irresistible | b) preventative | c) immune | d) wary |
| 14. a) ensure | b) ascertain | c) resolve | d) certify |
| 15. a) persecuted | b) tormented | c) harassed | d) suppressed |

AT BY FROM IN OF ON OUT TO UNDER WITHIN

1. It is characteristic this region that the weather can change minutes.
2. Martin has been great demand ever since he appeared to be so skilled a guitar player. Every band in town wants to have him at their concerts.
3. She didn't do anything wrong, but the same token she did nothing good.
4. 'Why didn't you answer the phone?' 'Probably, I wasn't call when it rang. I must have been outside the house.'
5. What she says may sound a little irrational, still most of us agree with her a large extent.
6. Never before have I felt such great ease as during my holidays in the exotic surroundings.
7. 'Have you seen Alex today?' 'Yes I have. He's been the lookout for his missing dog in the park.'
8. I infer his response that he isn't too willing to give us his helping hand.
9. Would you mind turning the radio down a little? I'm feeling weary the noise it's making.
10. Last time when I bought a TV aerial I couldn't figure how to assemble the set.
11. Despite a firm ban on smoking in the office, several people found it hard to abstain lighting a cigarette.
12. The contract wasn't very big, but least we were paid cash.
13. Hadn't Raymond come the influence of such a bad company, he would never have got involved wrongdoing.
14. She shouldn't be taken out to the park in summer as she is allergic the tree pollen.
15. Peter's expertise in electronics is admirable. He's got all the information required his fingertips.