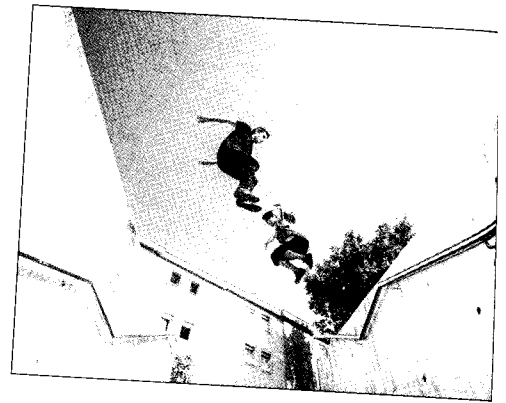


Never give up!

Parkour (or freerunning) is the act of moving freely over and through any area using only the abilities of the body. Parkour is both a physical practice and a philosophy. People who practise parkour are known as 'traceurs' and many of them feel it has changed their lives.



- 1 Read Zack's post and underline the phrases and verbs he uses to compare his life now with his life before he discovered parkour.

How parkour has changed my life

» June 11, 02.34 PM



'There's nothing like parkour. It's had a big effect on me. I've stopped smoking, my diet has improved and I know more about exercise now too. I'm a friendlier person, definitely happier and more relaxed ... I've met so many new friends, people who have welcomed me with open arms. Even my relationship with my family is much better.

As a traceur, I try to follow the philosophy as much as possible. When I train harder, my everyday outlook changes. Any obstacle can be overcome. Never give up. Pace yourself and gradually you will be able to push your limits even further.'

Zack, 27

- 2 Check your underlined phrases in pairs. Ask your teacher for the answers. Then replace each comparative phrase with a phrase that has a similar meaning from the box below.

more amiable as much as I can far better certainly more cheerful changed me a lot more easy-going
have a greater understanding of has got healthier more intensely more and more

- 3 Write your article. Include some comparative phrases in your answer.

EXAM TASK

You see this announcement in an English-language magazine for young people:

Articles wanted

ME TIME!

We'd like you to tell us about a free-time activity you take part in.

We'd like to know how you got started and what benefits it has had for you.

The best articles will be published in next month's magazine.

Exam tip!

Any of the exam tasks in the First Writing exam could ask you to make comparisons.

- 4 Swap your article with a partner. How many comparative phrases did he/she use? Are they used appropriately? Which is the best one?