

Read the text. Answer the questions. True or False?

1. The person loves skiing.
2. The person is still very active and sporty.

Do you practise any sports?

Actually I do, it has always been really important in my life. When I was in high school I **tried out for** the wrestling team and was actually quite successful. I also did track and loved running, I did long distance and always **caught up with** the much older kids, I even won a few races. I just never **gave up** and **kept on** going. Still, at some point I had to **drop out** after a knee injury. Now I just **work out** and from time to time I go to boxing classes, that really helps me to **work off** my stress, But I've never really **knocked someone out**, I mostly do it for the workout. First I **warm up** by doing a few laps on the track, next I do my routine and to **cool down** I do some stretching. Now, I'm trying to **bulk up**, I would love to gain a few kilos and become a bit bigger.