

GERUNDS

1 IDENTIFYING GERUNDS

Read this brochure for a health club. Underline all the gerunds. Do not underline present participles or the continuous forms of the verbs.

WELCOME TO THE SUPER SPARTAN SPA

Exercising increases energy and is also an important factor in relieving stress. You will find that you have more energy and feel less stress after you have been exercising here for a few days. Even if you have been inactive in the past, that won't keep you from building your physical capability through training. Here at the Super Spartan Spa, you can shape up very quickly by participating in the activities most appropriate for you. Brisk, regular, and sustained activities, such as fast walking, jogging, or swimming, will improve the efficiency of your heart and lungs. Your flexibility and muscle strength will be improved by lifting weights or doing gymnastics.

Are you avoiding exercise because you don't have anyone to exercise with? Many people don't enjoy exercising alone. Here at the Super Spartan Spa you will find hiking, cycling, tennis, and other activities that provide opportunities for socializing. Being included in groups that have specific objectives, such as bicycling 50 miles in one day, will benefit you socially as well as physically. You will find our exercise program interesting and involving.

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