



Free class handout

Chapter 17

Sports and healthy living



Positive English page 188 – **Avoid a Dose of Bad Luck** (sample letter)

July 21, 2011

Dear Jack,

You told me in your latest letter that you are looking for a hobby. I've just seen an article in a bicycle club's newsletter on the Internet. I think, joining a bicycle club could be the perfect free time activity for you.

You and I both work in an office and we need to sit most of the time. It is very important to get out to fresh air and do exercises in order to stay strong and healthy. Cycling is not too hard but it can provide important training.

When you ride together with other members of a club, you can help each other. You can learn a lot from experienced riders. Of course you must be careful as accident can happen even in a pace line. So you need to have some skills and have to follow etiquette especially on roads that are also used by cars. I think clubs have formal training for new members before they go out cycling. Riding on your own or without knowing the rules can be dangerous.

It would be best if you searched on the Internet for a local bicycle club and asked for further details. Check out if the time of club activities suits you or not. You should also ask about the fees and the average age of the riders. You don't want to ride together with people who are a completely different age group than you are.

I would like to join a bicycle club myself as I need more exercise. Lately I put on a little extra weight and it bothers me. I'm too lazy to do exercises but I've always liked riding my bicycle.

Please let me know if you like my idea. I hope we can both find good clubs and will be able to spend some valuable time in nature and get new friends.

Yours,

Jill

(310 words)

*Legtöbb kiadványunkhoz találsz beolvasót, mintafejezetet. <http://angolsuli.com/kiado/index2.html>
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