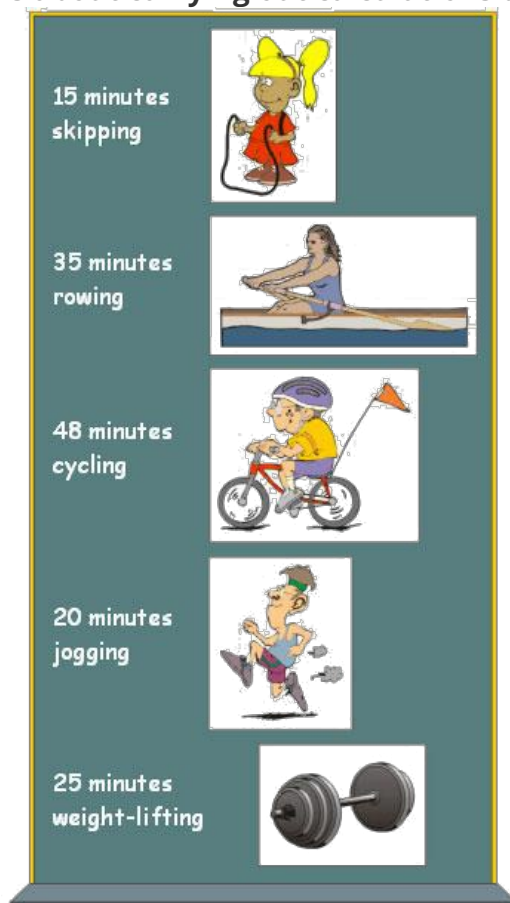


# Keep fit programme

This task is about carrying out calculations using time.



A keep-fit programme requires people to do the activities listed on the board above.

- a) Altogether how many minutes a week do all the exercises take?  minutes
- b) After skipping and rowing, how much time would be left from 60 minutes?  minutes
- c) If Tony wanted to spend exactly 60 minutes on this programme, list the 3 activities he would choose.
1. *Skipping/ Rowing/ Cycling/ Jogging/ Weight-lifting*
  2. *Skipping/ Rowing/ Cycling/ Jogging/ Weight-lifting*
  3. *Skipping/ Rowing/ Cycling/ Jogging/ Weight-lifting*