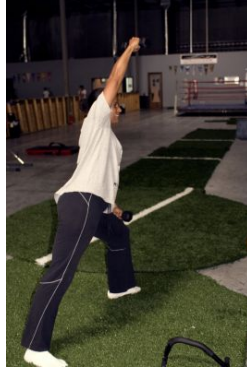


# Fitness programme

This task is about algebraic expressions to describe patterns.



Lia began a keep-fit exercise programme. In the first week, she exercised for 20 minutes daily. Every week after that she added an extra 5 minutes of exercise time. In the second week she exercised for 25 minutes daily; for the third week for 30 minutes, and so on.

a) How many minutes exercise would she be doing in the 6th week?

minutes per day

b) How many minutes will she be exercising daily in the 12th week?

minutes per day

c) Which of these expressions describes how many minutes she would be exercising after  $x$  weeks?

$20x$

$15 + x$

$15 + 5x$

$20 + 5x$

$25x$

d) Explain why this exercise programme would be impossible to do over a long time.