

IELTS General Training Reading Test

Topic: Leisure Time & Work–Life Balance

SECTION 1

Text A: Advertisement – City Fitness Club

City Fitness Club offers a range of affordable membership options to help you maintain a healthy lifestyle. Our facilities include a swimming pool, sauna, yoga studio, and 24-hour gym access. Members can join our group classes such as Zumba, Pilates, and indoor cycling. Personal trainers are available for individual guidance. Register online this month and receive a free fitness assessment.

Questions 1–7

Answer the questions below. Choose NO MORE THAN TWO WORDS AND/OR A NUMBER from the text for each answer.

1. What kind of exercise studio is mentioned besides the gym?
2. How many hours a day is the gym open?
3. Name one of the group classes offered.
4. Who can assist members with personalized workouts?
5. What is free when registering this month?
6. What is the main purpose of the advertisement?
7. How can new members register?

Text B: Notice – Community Art Workshop

The Greenfield Community Centre will hold a weekend art workshop on July 15–16. The workshop will include painting, ceramics, and digital illustration classes suitable for beginners and families. All materials are provided, but participants must register in advance as spaces are limited. A small participation fee of £10 per person applies. Tea and snacks will be served during breaks.

Questions 8–14

Do the following statements agree with the information given in the text? Write TRUE, FALSE or NOT GIVEN.

8. The workshop lasts for one day only.
9. Beginners can join the event.
10. Participants must bring their own materials.
11. There is no charge to attend the workshop.
12. Registration must be completed beforehand.
13. Only professional artists are allowed.
14. Light refreshments will be available.

SECTION 2

Text C: Internal Memo – Flexible Working Policy

To: All Employees From: Human Resources Department Subject: Flexible Working Hours Policy The company is introducing a new flexible working arrangement starting next month. Employees may choose to start their workday anytime between 7:00 a.m. and 10:00 a.m., provided they complete their required hours. Remote work will be available for up to two days per week with prior manager approval. This policy aims to help staff manage personal commitments and reduce commuting stress. Employees must continue to attend all scheduled meetings during core hours from 10:00 a.m. to 3:00 p.m.

Questions 15–21

Complete the sentences below. Choose NO MORE THAN THREE WORDS from the text for each answer.

15. Staff can start work any time between _____.
16. Employees must still complete their _____.
17. Remote work is allowed up to _____ each week.
18. Workers need _____ to work from home.
19. The new policy begins _____.
20. The goal is to reduce stress caused by _____.
21. Employees must be present for meetings held during _____.

Text D: Workplace Guide – Employee Wellness Program

Our company values the wellbeing of all employees and encourages participation in the Employee Wellness Program. The program offers free health screenings, mindfulness sessions, and monthly seminars on nutrition and stress management. Employees are also eligible for discounted gym memberships and mental health counseling. To participate, sign up via the HR portal or contact the wellness coordinator directly.

Questions 22–27

Choose the correct letter, A, B, C or D.

22. What is the main aim of the Employee Wellness Program?

- A. To improve employee wellbeing
- B. To increase office productivity
- C. To reduce company expenses
- D. To recruit new staff

23. Which of the following is included in the program?

- A. Free vacations
- B. Mindfulness sessions
- C. Paid overtime
- D. Extra holidays

24. What kind of seminars are held each month?

- A. Technology
- B. Finance
- C. Nutrition and stress management
- D. Time management

25. What kind of counseling is offered?

- A. Legal
- B. Career
- C. Mental health
- D. Financial

26. How can employees join the program?

- A. Only by HR invitation
- B. By signing up online
- C. Through their manager
- D. During performance reviews

27. Gym memberships are provided at a _____.

- A. Full rate
- B. Discounted rate
- C. Free rate
- D. Limited time

SECTION 3

Text E: The Importance of Leisure in Modern Life

In the fast-paced modern world, the boundary between work and personal life has become increasingly blurred. With the rise of digital connectivity, employees are often expected to respond to messages and emails beyond office hours. This constant accessibility can lead to burnout and reduced productivity. Psychologists emphasize the value of leisure as a counterbalance to work. Engaging in enjoyable activities such as sports, music, or volunteering helps reduce stress and promotes mental clarity. Leisure time is not simply about doing nothing; it is a vital process of recovery that allows people to return to their work refreshed and creative. However, not all leisure is equal. Passive activities like watching television may offer temporary distraction but often fail to provide the same psychological benefits as active leisure. Research suggests that people who engage in physical or social activities report higher levels of life satisfaction. Employers are now beginning to recognize the link between employee happiness and productivity, introducing initiatives such as company retreats or flexible schedules to support work–life balance. Ultimately, leisure is not a luxury but a necessity for a fulfilling and sustainable lifestyle.

Questions 28–40

28–31. Choose the correct letter, A, B, C or D.

28. What problem is caused by constant digital connectivity?

- A. Greater flexibility
- B. Increased burnout
- C. More leisure time
- D. Improved communication

29. According to psychologists, leisure helps people to:

- A. Earn more money
- B. Avoid work completely
- C. Recover and refresh the mind
- D. Spend more time online

30. What type of leisure provides the least long-term benefit?

- A. Active leisure
- B. Passive leisure
- C. Social activities
- D. Physical exercise

31. How are employers supporting work–life balance?

- A. By offering extra vacation days
- B. By reducing salaries
- C. Through retreats or flexible schedules
- D. By limiting leisure

32–36. Do the following statements agree with the text? Write TRUE, FALSE or NOT GIVEN.

32. People are expected to disconnect from work completely after hours.

33. Active leisure contributes more to happiness than passive leisure.

34. Leisure activities improve productivity at work.

35. Watching TV gives long-term psychological benefits.

36. Employers see no link between leisure and work performance.

37–40. Complete the summary below. Choose NO MORE THAN TWO WORDS from the text.

In the modern world, people often struggle to separate _____ and _____. Leisure is essential for mental _____ and overall _____.