

Overview

Watch the video podcast. Do you do similar things to keep fit and healthy?

1 Read Finn’s text and complete it with phrases a-f. Then watch the video podcast from 0:11-0:27 and check your answers.

Often it’s ¹*hard to find* a time to exercise ²_____ a full-time job. Lots of my friends
³_____ but I ⁴_____ running outside ⁵_____. How about you? What
⁶_____ to keep fit?

- a) belong to gyms
- b) *hard to find* 1
- c) to keep fit
- d) do you do
- e) prefer to go
- f) when you have

Glossary: *keep fit* = do exercise to be healthy and strong

2 Look at the people in the pictures and read the sentences. Two sentences are true and one is false. Then watch the video podcast from 0:28-3:15. Tick (✓) the true sentences and cross (X) the false one. Watch the podcast again if necessary.



- 1 She works full time.
- 2 She’d like to learn to play tennis properly.
- 3 She doesn’t eat much chocolate.



- 1 He walks a lot.
- 2 He’s joined a rowing club.
- 3 He eats a lot of unhealthy food.



- 1 She works outside.
- 2 She’d like to start dancing again.
- 3 She never eats fast food.

3 What do they do to keep fit? Watch the video podcast from 0:28-1:40 and number sentences a-f in the order you hear them, 1-6.

- a) And I go to the gym more or less three to four times a week.
- b) I dance, and I do yoga and I just try to be as active as possible.
- c) I go to the gym quite regularly. 1
- d) I can spend eight or 12 hours doing foot patrol, walking round the streets of London.
- e) The main thing I do is I practise yoga.
- f) I do try to keep fit – going to the gym, yoga classes, pilates classes.

Glossary: *foot patrol* = police officers walking around to protect people in the streets

4 What other things would they like to do to keep fit? Look at the people below and read their answers. Then watch the video podcast and match the people to the correct answers.

Glossary: *swing dancing* = 1940s jazz dancing; *rock climb* = the sport of climbing mountains/rocks



- 1 She'd like to learn rock climbing. _C_
- 2 Swing dancing because it's a good way to meet people. _____
- 3 He'd like to play a team sport, like hockey. _____
- 4 He'd like to start rowing but it's too expensive and he doesn't have time to do it. _____
- 5 She'd like to play tennis properly. _____

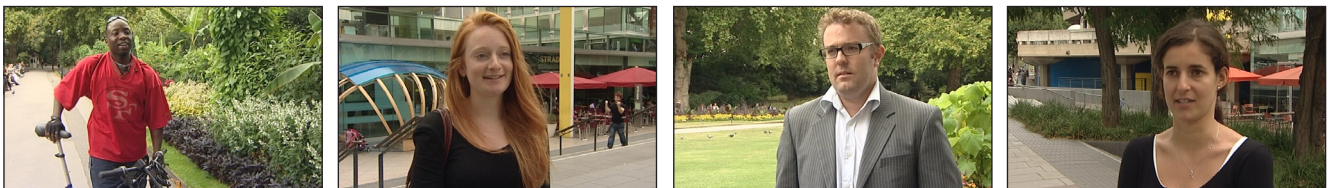
5 Do they do anything that isn't very healthy? Look at the people in Ex 4 again and read the two sentences about each of them below. One sentence is true and the other is false. Watch the video podcast from 2:29-3:16 and tick the true sentences.

- | | |
|--|--|
| <p>A</p> <ul style="list-style-type: none"> 1) He likes eating cheese. <input type="checkbox"/> 2) He loves desserts. <input checked="" type="checkbox"/> <p>B</p> <ul style="list-style-type: none"> 1) She thinks she eats too much chocolate. <input type="checkbox"/> 2) She loves chocolate but doesn't eat it much. <input type="checkbox"/> <p>C</p> <ul style="list-style-type: none"> 1) She's quite unhealthy. <input type="checkbox"/> 2) She doesn't eat meat or drink coffee. <input type="checkbox"/> | <p>D</p> <ul style="list-style-type: none"> 1) He likes making cakes. <input type="checkbox"/> 2) He doesn't eat unhealthy food. <input type="checkbox"/> <p>E</p> <ul style="list-style-type: none"> 1) She doesn't drink much water. <input type="checkbox"/> 2) She eats a lot of fast food. <input type="checkbox"/> |
|--|--|

Glossary: *shift work* = to work different hours every week

The way we speak

6 Look at the people below and read what they say. Then watch the video podcast from 0:28-2:29. Complete the sentences with the words in the box.



- 1 And I also watch what I eat.
- 2 I have quite a *hectic lifestyle* as a musician but I do try to _____ fit.
- 3 I really enjoy, sort of, the _____ aspect of sport. Particularly I think I'd like to get *into* hockey.
- 4 I have a bit of a *sweet tooth*. I love _____ and I love to eat sweet things.
- 5 When I was at university, I got quite *into* swing dancing, which is very like jive, 1940s jazz _____.
- 6 I'd quite like to *take that up* again because it's an easy way of _____ fit.

also	team	dessert	keep	dancing	keeping
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Vocabulary

7 Read the definitions below and match them to the phrases in *italics* in Ex 6.

- | | |
|--|-----------------------|
| a) start doing | <i>take (that) up</i> |
| b) like eating sweet things, e.g. cakes, chocolate | _____ |
| c) try not to eat too much unhealthy food | _____ |
| d) a very busy life | _____ |
| e) get interested / involved in | _____ |

Personalisation

8 What do you have in common with the people in the video podcast? Write your answers under each heading below.

- what you do to keep fit

- what you'd like to do to keep fit

- things you do that aren't very healthy

FUN FACTS

One new way of keeping fit is by laughing. To find out more, go to the BBC link below:

http://www.bbc.co.uk/worldservice/learningenglish/general/sixminute/2009/10/091029_6min_laughter_yoga_page.shtml

BBC