

Unit 8 Fit and healthy

1 SPEAKING



"I should do more exercise... I try, but it's such hard work."

"I eat lots of salad, but I never seem to lose weight."



"I joined a fitness class last month, but I stopped after a few classes. I'm always too busy!"

a Look at the people in the pictures. Think of two tips to give each person and tell your partner.

You could ... *Why don't you ... ?*

b Are any of these people similar to you? If they are, in what way? If they aren't, how are you different?

2 LISTENING



a You will listen to Irina's seminar. The title of the seminar is 'Attitudes to keeping fit'. What do you think the seminar will be about?

- 1 how people feel about keeping fit
- 2 the best way to keep fit
- 3 why it's important to keep fit

ACADEMIC SKILLS PLUS

Psychology: Attitudes to keeping fit

Listening skills: Understanding explanations and reasons

Speaking skills: Giving reasons

b In her seminar, Irina shows some slides. Look at them and then listen. Number them in order (1–5).

Attitudes to keeping fit

1

Attitudes to keeping fit:

- 1 *I want to do it.*
- 2 *I have to do it.*

I don't do exercise because ...

- it's hard work.
- it takes too much time.
- you have to do it every day.
- it's boring.

Women aged 22–49:

Group 1: fit, they do lots of exercise
Group 2: unfit, they don't do much exercise

I do exercise because ...

- I feel relaxed.
- I enjoy it.
- I feel good afterwards.
- I can be with other people.

STUDY SKILLS: DESIGNING SLIDES

Slides can help us to follow the information when we listen, because they show us the main ideas. Look at Irina's slides again. Which of these things does she do?

- 1 uses bullet points (•) for lists
- 2 uses a different colour for headings
- 3 underlines key words
- 4 uses a variety of colours
- 5 has a slide for every point she makes
- 6 uses short sentences and phrases

c Listen again and choose the correct answer a or b.

- 1 The talk is based on research done in a Britain, b the USA.
- 2 The researchers talked to a men under 30, b women under 50.
- 3 The two groups were a the same, b different.
- 4 The people in the first group had mainly a positive, b negative feelings about exercise.
- 5 The people in the second group had mainly a positive, b negative feelings about exercise.
- 6 To have a positive attitude, you should do exercise which a helps you get fit quickly b you enjoy.

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