



This week...

Scott realizes that he is gaining a bit of weight and he isn't as fit as he used to be. He decides to make a workout plan and he is talking to Tina about it.

Lesson Targets

- Discussing fitness
- Getting in shape

Daily English Conversation

Advanced Class

Warm Up – Topic Question



How often do you exercise?

Picture Description

What is that
guy pointing
at?



A



B

Where are they going?



C

What's wrong with him?



Scott	Hey, Tina. I don't feel as fit as I used to, and I would really like to get back in shape!
Tina	I have noticed you are getting a bit chubby around the waist lately.
Scott	I am thinking of making a workout plan. Can you help me?
Tina	Sure, but making a workout plan will only be effective if you stick to it!
Scott	I'm determined to get my fitness level back, so I'm confident I will be able to follow an exercise plan.
Tina	If you want, I can act as your personal trainer.
Scott	That would be great and it will motivate me even more!
Tina	OK, but don't forget I can be pretty strict when I want to be.
Scott	I already know that!

I am thinking of joining
a gym.

1. I have noticed you are lately.
2. I am thinking of
3. I'm confident I will be able to
4. If you want, I can



Role Play – Fitness

Student A has noticed that he/she is gaining some weight recently and is feeling unfit. Student B is giving Student A some advice on how to get in shape.



A: I really want to lose some weight and get in shape.

B: I think you should **Exercises** .

Key Phrases

- I'm thinking of making a workout plan.
- Can you give me some advice?
- I will give that a shot.
- Any other suggestions?
- I strongly recommend you
- I can act as your personal trainer if you want.
- You could also try
- *Other*

Exercises

- running/jogging
- swimming
- weightlifting
- bicycling
- stretching
- sports
- *other*

* Choose a topic below and tell a short story that is either true or not true. The other students in the class and the teacher ask one question each about the story. Then they guess whether your story is true or false.



1. I have a gym membership that I hardly ever use.
2. I have never tried yoga before.
3. I would like to lose some weight.
4. I often make excuses not to exercise.



- Do you think going to a gym is necessary to get in shape?
- How often do you think the average person should exercise?
- Do you find exercise enjoyable or is it a hassle for you?



- How often do you exercise?
- What is your favorite kind of exercise?
- (Ask a different question related to the topic)

- chubby - *I'm a bit **chubby** around the waist.*
- confident - *Exercise will make you more **confident**.*
- determined - *I am **determined** to lose weight.*
- effective - *Swimming is very **effective**.*
- motivate - *How do you **motivate** yourself?*
- shape - *How do you stay in good **shape**?*
- strict - *My exercise routine will have to be **strict**.*