



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

Super Class

Warm Up – Topic Question



How often do you exercise?

Picture Description

What is that
guy pointing
at?



A



B



C





* Choose the most appropriate meaning of the word from the four options.

1. determined

- yielding
- wavering
- tenacious
- passive

2. effective

- butterfingers
- fruitless
- potent
- inadequate

3. motivate

- hinder
- galvanize
- repress
- tantalize

4. regimented

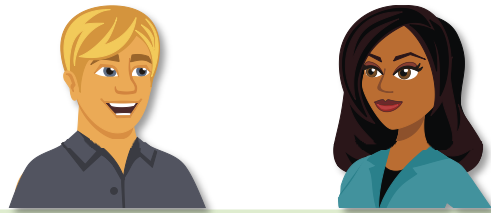
- free
- varied
- systematic
- pugnacious

5. strict

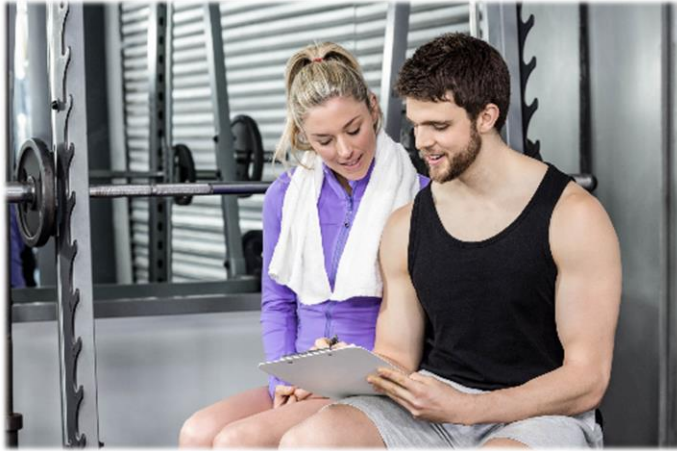
- facile
- lenient
- permissive
- draconian

6. workout

- drill
- inactivity
- sloth
- stupor



| | |
|--------------|---|
| 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, so it is probably a good idea to tone up a bit. |
| 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 a regimented exercise plan. |
| Tina | If you want, I can act as your personal trainer. |
| Scott | That would be absolutely fantastic, 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 am already well aware of that! |



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.

Key Phrases

- I really want to get in shape.
- I'm thinking of making a workout plan.
- Can you give me some advice?
- I will give that a shot.
- I have noticed you are not looking as fit as you used to.
- I strongly recommend you
- I can act as your personal trainer if you want.
- *Other*

Exercises

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



- 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)



Having a healthy diet is more important than getting regular exercise.

A

Agree

B

Disagree