

## Health and Fitness

### Warmer

*Work in pairs. Discuss the questions.*

1. Complete the two lists

Healthy habits	Unhealthy habits
Example: <i>eating fruit and vegetables</i>	Example: <i>smoking</i>

2. Do you think it's important to be fit and healthy? Why?

**Task 1 – Video 1: what is Rob going to do?**

Watch the video. What is Rob going to do to get fit? Underline the words and phrases you hear.

meat  
sleep  
diet walking stress water yoga  
swimming healthy meals  
fruit and vegetables  
smoking  
running

**Task 2 – Video 2: answer the questions**

Watch the video again. Answer the questions.

1. Write four things Rob is going to stop doing.

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2. Write two things Rob is going to start doing.

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3. What does he say about these numbers?

5 \_\_\_\_\_

3 \_\_\_\_\_

8 \_\_\_\_\_

4. When is he going to start getting fit and healthy?

**Task 3 – Going to: write the sentences**

*In the video, Rob uses 'going to' + infinitive to talk about his resolutions. Complete his sentences using 'going to' + infinitive.*

Example:

*stop / driving* I'm going to stop driving.

1. be / more like Martin.
2. cook / all my food myself.
3. drink / lots of water.
4. have / three healthy meals
5. be / so healthy
- 6.

**Vocab spot:**

Resolution – a serious decision to do something to improve your life.

**Task 4 – Remember Rob's resolutions**

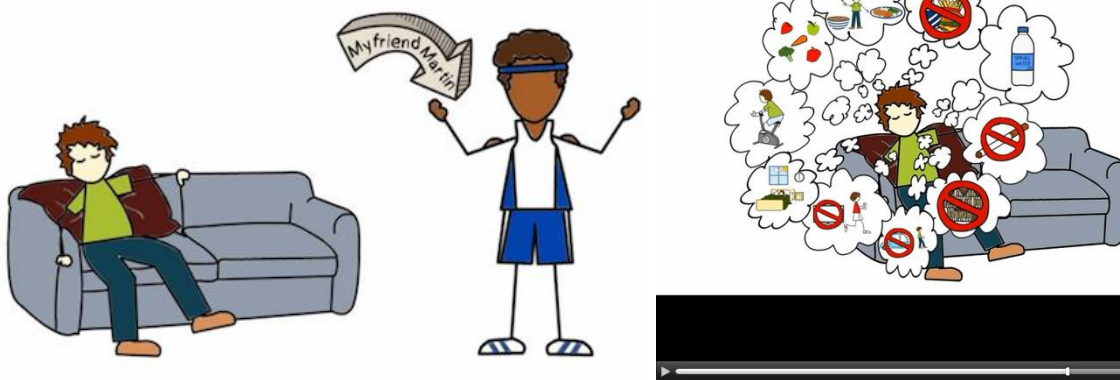
*Work in pairs. Answer the question.*

Can you remember what resolutions Rob has made? Use 'he + is + going to'.

*Example:*

He's going to stop going to the pub.

Yes. And he's going to drink more water.



**Task 5 – Quiz – how healthy are you?**

a. *Work alone. Answer the questions in the quiz.*

<b>How healthy are you?</b>				
1. How many hours do you sleep every night?	<i>less than 5 hours</i>	<i>6-8 hours</i>	<i>9-10 hours</i>	<i>more than 10 hours</i>
2. How many portions of fruit and vegetables do you eat a day?	<i>none</i>	<i>less than 2</i>	<i>2-4</i>	<i>5-7 8 or more</i>
3. How often do you drink alcohol?	<i>never</i>	<i>once or twice a week</i>	<i>three – five times a week</i>	<i>every day</i>
4. How many cigarettes do you smoke a day?	<i>0</i>	<i>1-5</i>	<i>6-10</i>	<i>11-20 more than 20</i>
5. How many cups of coffee do you drink a day?				
6. What else do you drink?				
7. How fit do you think you are?	<i>not at all</i>	<i>slightly fit</i>	<i>quite fit</i>	<i>very fit</i>
8. How many hours of exercise do you do each week?				
9. What kind of exercise do you do?				
10. How stressed do you think you are?	<i>not at all</i>	<i>slightly stressed</i>	<i>quite stressed</i>	<i>very stressed</i>

b. *Now work with a partner. Show each other your answers. Discuss the questions.*

1. Is your partner healthy? Why/why not?
2. What does your partner need to do to become healthier?

**Cooler**

*Work with a new partner. Discuss the questions.*

1. What resolutions are you going to make to get fit and healthy? Think about your answers and the advice your partner gave you in task 4.

Example:

I don't eat enough healthy food. I'm going to eat more fruit and vegetables and drink less coffee. What about you?

I'm going to try and get more sleep. I'm going to stop drinking coffee in the evenings and I'm going to go to bed earlier.

2. For homework, you are going to find out more information about one of your resolutions. Tell your partner which one you have chosen and why.

Example:

I'm going to find out about yoga classes in my area because I want to do some exercise.

Yes, and yoga will help you relax.

**Homework**

You are going to find out some information about one of your resolutions. Complete the form.

<b><i>My resolution is...</i></b>	
<b><i>I chose it because...</i></b>	
<b><i>Time</i></b>	
<b><i>Days</i></b>	
<b><i>Location</i></b>	
<b><i>Cost</i></b>	
<b><i>Equipment needed</i></b>	
<b><i>Useful website</i></b>	
<b><i>Any other information</i></b>	
<b><i>Have you tried your resolution? Describe your experience. If you haven't, explain if and when you are going to try it.</i></b>	

**Extension activities**

1. Watch the video again and do the exercises with it.  
<http://esol.britishcouncil.org/build-your-speaking-skills/health-and-fitness>
2. Watch the presentation and complete the activities to find out how we use 'will, going to and present continuous' to talk about the future.  
<http://esol.britishcouncil.org/english-grammar/future-plans>

**Transcript**

These days, I feel a little bit lazy. It's time to make some lifestyle changes! My friend Martin says that exercise and healthy eating are really important. I'm going to be more like Martin. I'm going to join the gym and get fit. I'm going to eat five portions of fruit and vegetables every day. I'm going to have three healthy meals – breakfast, lunch and dinner – and I'm going to cook all my food myself with fresh ingredients – no more fast food for me! I'm going to drink lots of water. I'm going to stop smoking. I'm going to stop going to the pub. I'm going to stop driving and start walking. I'm going to stop watching TV and start running. I'm going to go to bed early and get at least eight hours' sleep every night. From now on, I'm going to be so healthy! ...Tomorrow, I'm going to get fit and healthy...