

UNIT 10 Keeping Fit

1. Getting Ready

Match each goal on the left with the correct suggestion on the right. Compare answers with a partner.



- | | |
|-----------------------------------|--------------------------------------|
| 1. have a healthier diet <u>c</u> | a. do lots of sit-ups |
| 2. tighten stomach muscles ___ | b. join a health club with a pool |
| 3. put on weight ___ | c. eat less meat and more vegetables |
| 4. swim regularly ___ | d. lift weights every other day |
| 5. get some outdoor exercise ___ | e. take up jogging |

2. Let's Listen

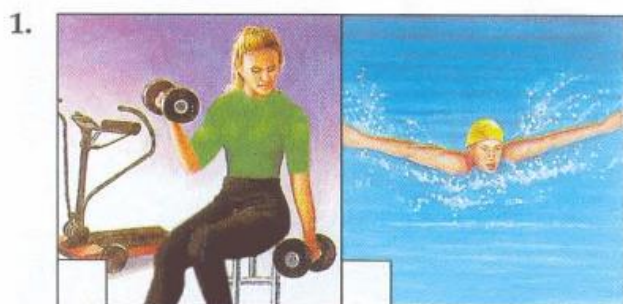
People are talking about New Year's resolutions. What is each person going to do? Listen and circle the correct answer.

- | | | |
|------------------------|-----------------------|------------------------|
| 1. a. do more exercise | 3. a. do more walking | 5. a. eat less meat |
| b. put on weight | b. take up jogging | b. lose some weight |
| 2. a. learn to swim | 4. a. join a gym | 6. a. take up jogging |
| b. give up smoking | b. put on weight | b. start doing sit-ups |

3. Let's Listen

Task 1

People are comparing different kinds of exercise. Which kind of exercise does each person prefer now? Listen and check (✓) the correct answer.



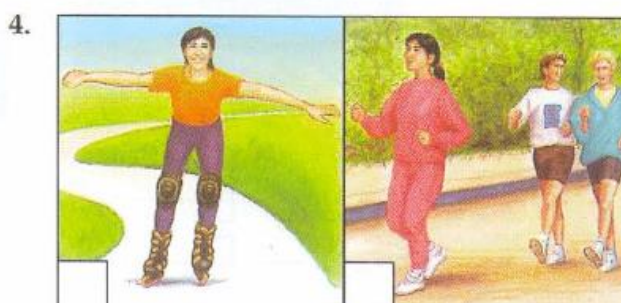
a. b.



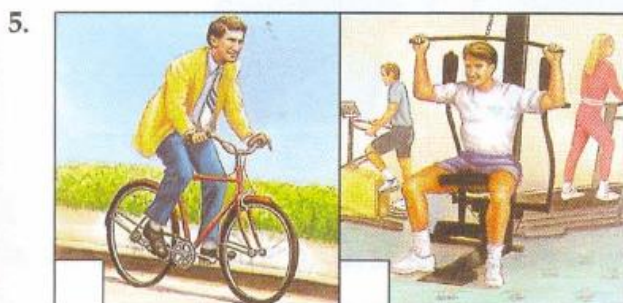
a. b.



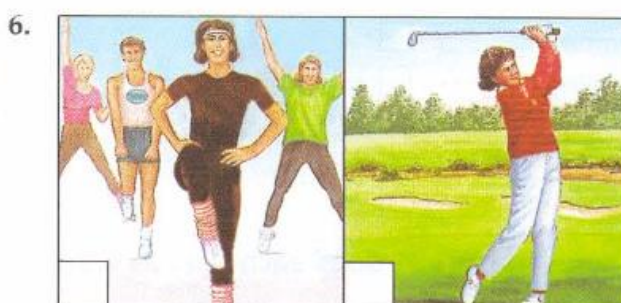
a. b.



a. b.



a. b.



a. b.

Task 2

Listen again. Circle the reason each person likes the kind of exercise he or she does now.

- | | |
|---|--|
| 1. a. It's not fun. | 4. a. It's easy to do it. |
| b. It's a good place to meet people. | b. She can do it almost anywhere. |
| 2. a. He does it indoors. | 5. a. It took a short time to learn. |
| b. He listens to the ocean as he does it. | b. He doesn't usually ride it on busy streets. |
| 3. a. It's fun. | 6. a. It's cheap to do. |
| b. It's not easy to find a place to play. | b. It's not as easy as it looks. |