



# Lesson 1. Exercise for Everyone

B2

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## At the end of this lesson, students will be able to:

- Identify different gym equipment.
- List facts about health and fitness.
- Use 'it' as an object to represent something.
- Summarize the benefits of being active.
- Understand some common idiomatic expressions.
- Recognize and use adjectives phrases in sentences.
- Practice tongue twister to improve speech and diction.





# Warm Up

Describe the picture, give as many details as you can.



# Gym Equipment

Identify and guess what they are for.

1



2



3



4



7



8



5



6



- a) Dumbbell
- b) Barbell
- c) Gym Ball
- d) Kettle Bells
- e) Pull Up Bar
- f) Bench Press
- g) Leg Curl Machine
- h) Treadmill







# Vocabulary Exercise

Fill in the blanks with the best answer.

1. Have you gone \_\_\_\_\_ already? You're very early today.
2. Lack of physical activities can affect your \_\_\_\_\_ in a negative way.
3. \_\_\_\_\_ training increases muscle strength, which allows you to run faster, jump higher, and change direction quickly.
4. Everyone is amazed with his arm's strength, he can do 200 \_\_\_\_\_ continuously.
5. My sister loves to \_\_\_\_\_, it's the first thing she does in the morning.
- 6 Physical \_\_\_\_\_ is also related to the heart's condition.
7. My grandmother loves to do \_\_\_\_\_ on weekends.
8. I think men who are into \_\_\_\_\_ probably spend the whole day working out.
9. You're too \_\_\_\_\_, try eating and exercising a bit more.
10. The movements involved in \_\_\_\_\_ contribute to the development of the arms, lets, shoulders, back, chest, and abdominal muscle groups.

- a) fitness
- b) health
- c) Plyometric
- d) bodybuilding
- e) aerobics
- f) gymnastics
- g) workout
- h) scrawny
- i) dogtrotting
- j) tone
- k) Calisthenics



# Generation of Couch Potatoes

Most of teenagers have posters of their sports hero on their bedroom wall. But do they follow the healthy examples set by these athletes? British parents are worried that young people are not as fit and healthy as in the past. Why is this?

According to the British Heart Foundation, 13 to 15 years old are spending too much time doing sedentary activities such as watching TV or playing computer games. A special report describes a generation of couch potatoes, young people sitting around at home, growing up in their bedrooms, travelling by car and in serious danger of heart disease as they get older. Is this their fault? Are young people lazy?

Many parents don't allow their children to lay or walk to school by themselves. "I ring my Dad on my mobile and he picks me up from the station. It's 10 minutes' walk from home but he thinks it is dangerous," says 14 years old Carrie. Some teenagers blame their over protective parents for making them unfit. It is certainly becoming more difficult to encourage young people to have an active life and protect their hearts. In recent years, school have spent less time on sports. "My Mum did lots of hockey and netball at school but we didn't have time for that this year because we had so many exams to prepare," says Ben, 16.



# Reading Check Up

Read and say if the statement is **TRUE** or **FALSE**.

1. 14-16 years old are spending too much time doing sedentary activities.
2. Many parents don't allow their children to play outside or walk to school by themselves.
3. Some teenagers blame their overprotective parents for making them unfit.
4. In recent years, school have spent more time on sports.

**WHAT ABOUT YOU?**

## Tell us about the lifestyle in your country

How does your lifestyle compare to your grandparents' lives? Has anything changed? Discuss these topics:

- Transport
- Diet
- home
- Spare time activities
- Physical activities





# Watch and Learn

Watch the video and answer the questions.



<https://www.youtube.com/watch?v=tgqT24sA9wQ>

1. What are the games shown in the video?
2. How do you play hopscotch?
3. Have you tried any of these games?
4. Would you like to try every game in the video?
5. What are the benefits of each game? Enumerate them.





# Language Focus

## Pronoun "it"



A pronoun is a word that is used instead of a noun or noun phrase. Pronouns refer to either a noun that has already been mentioned or to a noun that does not need to be named specifically.

'It' is a pronoun that represents basically anything. We use 'it' to represent something that was mentioned or will be mentioned in the conversation.

- This weather makes **it** hard for me to *enjoy a job outside*.
- *Health* very important. **It**'s basically everything.
- *Running in a marathon* was fun. I think **it**'s the best thing I've done this year.

Circle the word or phrase the word 'it' refers to.

1. Today is a lovely day to go to the gym, isn't it?
2. I've never tried the treadmill, is it difficult?
3. I think I dropped my keys in the gym, could you help me find it?



# Let's Practice

Where should we place 'it' in each sentence? What does it refer to?

1. I saw John's training routine, was very challenging.
2. Did you go for a walk? Was hot outside?
3. I'd like to go for a swim. Do you think is a good idea?
4. Is really relaxing. You should try yoga, too.
5. Most people don't think much about, but fitness is quite important.
6. She went to job this morning, she said was satisfying
7. How do you do? You do a hundred sit-ups everyday.
8. You should try pushups, will help you tone your body.
9. Where did you buy? Your treadmill is pretty.
10. I'd like to go to the gym today, is open?

IT





# Discussion

Think of five questions about exercise, make use of 'it'. Ask the questions to your partner and take down notes. Then let your partner do the same.

Questions	You	Your Partner
question #1		
question #2		
question #3		
question #4		
question #5		





# Critical Thinking



How often do you exercise?  
Is this enough?



# Vocabulary Exercise

Choose the word or phrase that best completes each sentence.

1. \_\_\_\_\_ a gym if you want to \_\_\_\_\_ fitter.
2. I want to \_\_\_\_\_ weight.
3. I'll \_\_\_\_\_ temperature to see if I have a fever.
4. You should \_\_\_\_\_ red meat and saturated fat.
5. I need to \_\_\_\_\_ a diet.
6. My doctor told me to \_\_\_\_\_ smoking.
7. I should \_\_\_\_\_ more exercise.
8. I don't want to \_\_\_\_\_ weight.
9. I walk every day to \_\_\_\_\_ fit.



go on	do	get	give up	take my
cut down on	lose	put on	join	keep



# Discussion

## 30-minute Exercise for Everyone



- walking
- jogging and running
- swimming
- home fitness
- jumping rope
- yoga
- stationary bicycle
- Gym
- video exercises
- cycling
- stair climbing
- floor exercises
- stability ball exercises



Which of the following have you tried? How is the exercise done?

Source: <https://www.gbhealthwatch.com/Did-you-know-Exercises-Everyone-Can-Do.php>





# Listening Activity



Listening 1.1

Listen and fill in the blanks.

Exercise is something most of us \_\_\_\_\_. A lot of us avoid it altogether. I do a lot of exercise, but not because I like it. I do it because \_\_\_\_\_ stay slim and healthy. I always feel great after exercising, so \_\_\_\_\_ parts to it. The thing I hate most is getting ready. It's really difficult after a \_\_\_\_\_ to come home and then prepare for your exercise. I really \_\_\_\_\_ do it when I'm getting changed. I hate \_\_\_\_\_ stretching. I also hate \_\_\_\_\_ minutes of a run, swim or cycle. But then once my lungs \_\_\_\_\_, I settle into a rhythm and things \_\_\_\_\_. Recently I bought an exercise bike. Sitting in my house cycling to \_\_\_\_\_ watching TV is a great way to get some exercise.



# Language Focus

## *Adjective Phrase*



What is an **Adjective Phrase**?

It's easy to get confused between an adjective and an adjective phrase.

An adjectival phrase or an adjective phrase is a group of words that include an adjective which modifies a noun or pronoun in a sentence.

What does an **Adjectival Phrase** consist of?

To identify an adjectival phrase, the key is to look at the first word of the group of words. If it is an adverb or preposition, then it is an adjectival phrase, which consists of an intensifier and an adjective.

Sometimes, one adjective isn't enough and using a string of adjectives can create an adjectival phrase to describe a noun.



# Language Focus

## *Adjective Phrase*



What can an **Adjectival Phrase** do in a sentence?

Introducing adjectival phrases in your classroom will help your students with their writing skills as using adjectival phrases will give their sentences more life and personality.

Sometimes, all they will need to use is a single adjective to make the sentence pop, however, to increase detail and to get them really engaged with their writing, using adjectival phrases will increase the amount of detail provided.

adjective:

The jog was tiring.

Weightlifting is better.

adjective phrase:

The jog was really tiring.

Weightlifting is better than nothing.







# Let's Practice

Change the adjectives into adjective phrases.

1. Exercise is good.
2. The park is open.
3. There are a lot of fun activities.
4. She said jogging is lovely.
5. The gym is far.
6. The happy dog was walking with his owner.
7. We got a cheap deal at the gym.
8. He can't go swimming in the old pool
9. The Leg Curl Machine is broken.
10. The dumbbell is heavy.
11. He's using the golden barbell.
12. I'm having sleepless nights lately.
13. My friend, Dave is athletic.





# Vocabulary Preview

Connect the words to their definitions.

1. (of a person) suffering a lack of a specified benefit that is considered important.
2. a sequence of actions regularly followed; a fixed program
3. relating to the heart and blood vessels.
4. a very large quantity of something.
5. likely or liable to be influenced or harmed by a particular thing.
6. the way in which a person or group lives.
7. a crystalline compound that is found especially in tea and coffee plants and is a stimulant of the central nervous system.
8. make great efforts to achieve or obtain something.
9. satisfactory or acceptable in quality or quantity.
10. the condition of being grossly fat or overweight.

- obesity
- adequate
- routine
- deprived
- strive
- susceptible
- abundance
- lifestyle
- caffeine
- cardiovascular



# Reading Time



## Are you healthy and fit?



If you've been listening to the news, you already know about our national **obesity** levels rising by the day. It has never been more important to watch what you are eating and to get an **adequate** amount of exercise and sleep to keep yourself fit and healthy. Though it may feel like really hard work at first, once you adopt an exercise **routine** and start to adapt to a new situation, you'll forget you ever did things differently.

Here are just four of the top adjustments to make:

### 1. Get more sleep!

Sleep is huge and almost a third of the US population doesn't get near enough to staying physically and mentally healthy. If you are sleep **deprived**, try changing your habits in order **to get a full eight hours every night.**





# Reading Time

## 2. **Strive** for a better diet

Look at your diet and what you're eating now and make changes where you see fit. If you are **susceptible** to snacking, keep a piece of fruit or a few nuts at hand. The key is to eat small meals throughout the day. Reduce portion sizes, take out white bread and replace with whole grains and make sure each meal contains at least one portion of fruit and - or vegetables. Healthy food doesn't have to be expensive in the least bit, and you can get an **abundance** of low-priced fruit and veggies, like apples, bananas, potatoes and peas.

## 3. Stop all those bad habits

Look at your current **lifestyles** and make a small list of everything you do that is not good for your health. This could be anything, from eating too much junk food or drinking too much **caffeine**, to smoking or drinking. Start the process of breaking these habits one by one. Some will be easy, while others may take months or maybe years to get rid of and eradicate completely from your life, but the sooner you start fighting, the better.



# Reading Time

Some addictions (like smoking, drugs or alcohol) are incredibly bad not only to your health, but also to your pocketbook. If you smoke and - or drink, start by cutting back on how many drinks you have, or cigarettes you smoke, in a day, and if necessary, seek medical advice and assistance to make further steps towards stopping completely.

## 4. Exercise, exercise, exercise

We all should be doing at least 30 minutes of exercise, 3 to 4 more times a week to maintain good health and keep fit. This can be pretty much anything that is physical, like walking, cycling, running, swimming to weightlifting, etc. This too does not have to be expensive, and you can get a great work out without joining any costly gyms. Most of these exercises are inexpensive, and just doing a **cardiovascular** exercise, like walking, jogging, or walking on a treadmill a few times a week will do your body (and heart) good.





# Reading Check Up

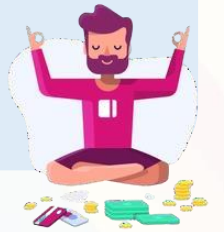
Say if each sentence is **TRUE** or **FALSE**.

1. Almost a half of the US population doesn't get enough sleep.
2. You need to make sure each meal contains a portion of fruits and/or vegetables.
3. Healthy food needs to be expensive.
4. We should be doing at least 1 hour of exercise everyday.
5. You can get a great work out without joining any costly gyms.

## Vocabulary Spotlight

**pocketbook**

one's financial resources.



**WHAT ABOUT YOU?**

## Tell us about yourself

1. How many hours of sleep do you normally get?
2. How often do you eat fruits and vegetables?
3. Do you do any kind of exercise? Why or why not?
4. Can you ride the bicycle? How about swim?
5. What's your favorite physical activity?





# Useful Expressions

Read the sentences, what do the following idioms mean?



Exercise also lets me **burn off** stress form work.



My grandmother is 86 yrs. old but he's still as **fit as a fiddle**.



I go to a health club two or three times a week to **stay in shape**.



On Sundays, I take a day off from exercising, but I take a **stroll around** the park with my dog.



I run several miles on a treadmill and then **cool down by** walking around indoor.



# Listening Activity



Listening 1.2

Listen and identify if the statements are **TRUE** or **FALSE**.

1. The man has only recently decided to join the gym.
2. The woman says the gym will make sure it has the lowest price in the city.
3. The woman says that other gyms charge people when they leave.
4. The gym used to be open 24 hours, but it was too busy.
5. The exercise plan your personal trainer provides will tell you what to eat.
6. The personal trainer doesn't cost anything at all.
7. The man is not convinced at the end of the conversation.
8. The gym offers a sample visit.



# Speaking Drill

Answer the following questions.

1. How is your health?
2. Are you a health-conscious person?
3. Do you do anything to stay healthy?
4. Have you ever been in poor or ill health?
5. Do you worry about the health of those around you?
6. Are there exercises for mental health?
7. What health problems do you worry about most?
8. What are the health risks associated with your lifestyle and environment?
9. What things do you do that might damage your health?
10. Who are the healthiest people in the world and why are they so healthy?





# Pronunciation

Can you read it without twisting your tongue?



How Much Wood Would A Woodchuck Chuck,  
If A Woodchuck Could Chuck Wood?  
He Would Chuck, He Would, As Much As He Could,  
And Chuck As Much Wood As A Woodchuck Would,  
If A Woodchuck Could Chuck Wood.





**MENTORS**

**THANK YOU!**