

Fitness and Health

Warm-Up

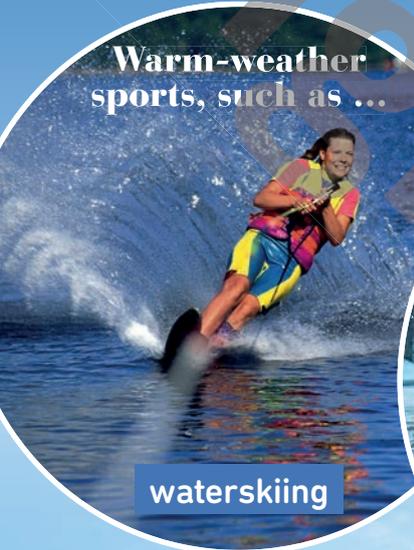
Which kinds of activities are the most fun for you?

 PRONUNCIATION | Listen and repeat.

I prefer cold-weather sports.
I like to be outdoors in the cold.



Warm-weather sports, such as ...



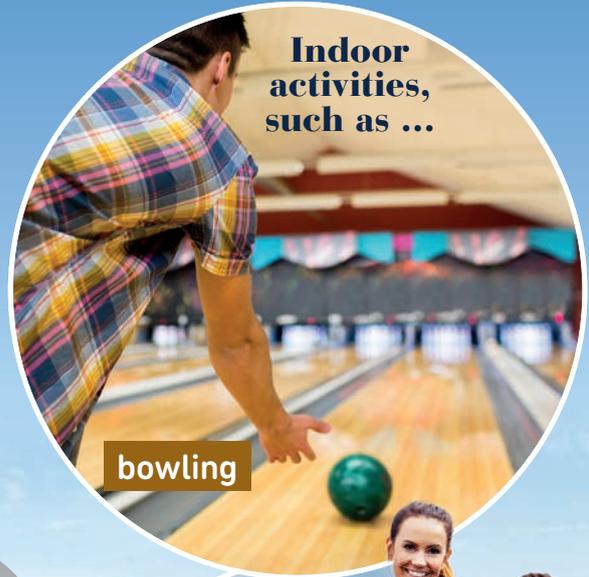
waterskiing

Cold-weather sports, such as ...



ice-skating

Indoor activities, such as ...



bowling

Individual sports, such as ...

golf



Team sports, such as ...



soccer

Outdoor activities, such as ...



hiking

Topic Warm-Up

- A** EXERCISE | Look at the brochure for a popular health club. Choose two activities you'd like to do.

DOWNTOWN

HEALTH CLUB AND FITNESS CENTER

SOMETHING FOR
EVERY BODY,
EVERY AGE,
AND EVERY LEVEL OF FITNESS

WOULD YOU LIKE TO . . .



swim in our Olympic-size pool?



lift weights in our world-class gym?



do aerobics, yoga, or Pilates?



take a spin class?



ride a stationary bike?



run on one of our 30 treadmills?



Or maybe you'd like to work out with a personal trainer.



CHECK OUT ONE OF OUR CENTERS IN **YOUR** LOCATION.

- B** VOCABULARY | Exercise activities | Listen and repeat.

swim do aerobics do Pilates ride a stationary bike work out
lift weights do yoga take a spin class run on a treadmill

- C** PAIR WORK | Tell your partner which activity or activities you would like to do at the Downtown Health Club and Fitness Center.

I'd like to swim in that beautiful pool. What about you?

Me? I'd like to take a spin class. It's great exercise.

Language Warm-Up

UNDERSTAND A VARIETY OF ACCENTS

Omar = Arabic
Martina = German

A **Zoom-In** | Read and listen to a conversation at a fitness center in an international hotel. Notice the featured words and phrases.



Omar: Good morning, I'm a guest in the hotel, and I'd like to take the 6 P.M. spin class. Do I have to sign up? Or can I just walk in?

Martina: Let me check. That's a very popular time, so a lot of people come in then.

Omar: Thanks.

Martina: Oh, I'm sorry, sir. That class is full. But you could take an earlier one, at 5:00.

Omar: Hmm. No, that won't work. It's a bit too early for me.

Martina: Well, what about another option at 6:00?

Omar: Like what?

Martina: Well, there's a really nice yoga class—yoga's a good way to unwind after a busy day. Does that appeal to you?

Omar: Well, it sounds very relaxing, but I like to unwind with something a little more strenuous. I'm afraid yoga's not really a good fit for me.

Martina: Well, by any chance did you bring your bathing suit? There's a really strenuous water aerobics class at 5:30.

Omar: Water aerobics? Sounds like a good workout. And the time's convenient—I can make that class.

B **Understand from Context** | Look at the featured words and phrases in Zoom-In. Choose the correct way to complete each statement.

- When Omar asks, "Do I have to sign up?" he wants to know if
 - he needs to put his name on the list of people who are taking the class
 - there's a class at that time
- When Omar says, "No, that won't work," he means
 - a spin class isn't for him
 - he can't come to the class at that time
- When Martina says it's "a good way to unwind," she means
 - it helps you relax
 - it helps you work hard
- When Martina asks, "Does that appeal to you?" she wants to know if
 - Omar likes the idea of a yoga class
 - Omar has another idea
- When Omar says yoga's "not really a good fit for me," he means
 - yoga's not really his style
 - he doesn't know what yoga is
- When Omar says, "I can make that class," he means
 - he can go because the time is good for him
 - it sounds like a good workout

SPEAKING **PAIR WORK** | Complete the chart. Then compare opinions with a partner.

Sports and activities that . . .

don't appeal to me:	_____
are a good fit for me:	_____
are a good workout:	_____
are a good way to unwind:	_____

Ideas

- indoor activities
- outdoor activities
- individual sports
- team sports
- warm-weather sports
- cold-weather sports
- relaxing activities
- strenuous activities



- A** **VOCABULARY** | Places for sports, games, and other exercise | Read and listen. Then listen again and repeat.



1 a swimming pool



2 an athletic field



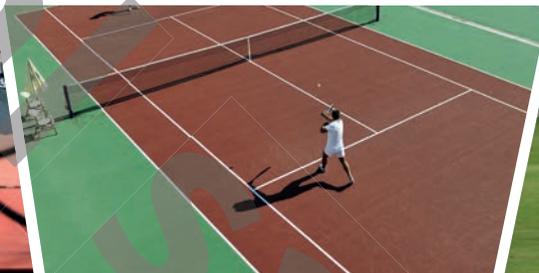
5 a basketball court



3 a gym



4 a track



6 a tennis court



7 a golf course

- B** **PAIR WORK** | Choose one of the places from the Vocabulary that you sometimes go to. Tell your partner where it is and how often you go there.

“ I go to the basketball court in Stone Park once a week, usually on the weekend. What about you? ”



COACH

- C** **GRAMMAR** | Have to / has to

Use **have to** or **has to** + the base form of a verb to express a present obligation.

I **don't have to work** late today. I can go out for dinner with you.
You **have to sign up** for the water aerobics class. You can't just walk in.
Teri **has to teach** a Pilates class now. Can she call you back later?
Jeremy **doesn't have to pay** for classes at the club. He's a member.

Use **had to** + a base form for past obligations.

I'm so sorry I'm late. I **had to go** to the bank.
We **didn't have to get** to the game so early. It started late.

Yes / no questions

Does he **have to go** right home after class tonight? (Yes, he does. / No, he doesn't.)
Do they **have to wear** running shoes at the gym? (Yes, they do. / No, they don't.)
Did she **have to work** late yesterday? (Yes, she did. / No, she didn't.)



I can't play tennis right now. I **have to meet** my boss.

GRAMMAR EXPANDER p. 141

Have to / has to

- Form and common errors
- Information questions

- D** **PRONOUNCE THE GRAMMAR** | Listen and repeat the grammar examples.



E **PRONUNCIATION** | Sound reduction of to in have to / has to | Read and listen. Notice how the pronunciation of to changes to /tə/ when it's not stressed in natural speech. Then listen again and repeat. Practice the sentences with a partner.

1 I **had to** play tennis with my daughter today.

3 We **have to** wait for the aerobics instructor.

2 Charlotte **has to** teach a yoga class tonight.

4 Ben **has to** be on time for his Pilates class.

F **GRAMMAR PRACTICE** | Complete the conversations with a form of have to.

1 **A:** I'd love to see *Yoga Tales* tonight. Would you like to go, too?

3 **A:** (you / drive) the kids home from school today?

B: I definitely would. But (I / study) for a test.

B: No. Blake's driving them today. I'm driving them tomorrow.

2 **A:** My daughter was sick, so she didn't take her swimming lesson. (She / stay home) today.

4 **A:** (I / not work) tonight! We can go running. How would 6:30 be?

B: Sorry to hear that. You're right. She should rest.

B: Perfect! Let's meet at the park. OK?

G **PAIR WORK** | Practice the conversations from Exercise F.



COMMUNICATION ACTIVATOR

Now let's make a date to get together.

A **CONVERSATION MODEL** | Read and listen.

A: Hey, Julie. Why don't we go swimming sometime?

B: I'd love to. When's good for you?

A: Sunday afternoon?

B: Sorry, I can't then. I have to drive my parents to the airport.

A: Well, how about Friday at 6:30?

B: Let me check . . . Yes, that's good for me. Where should we meet?

A: How about at the pool?

B: Perfect. See you there!

Social language

Invite someone with:

Why don't we ___?

Would you like to ___?

Do you want to ___?

How about we ___?

B **PRONUNCIATION PRACTICE** | Listen again and repeat. Then practice the Conversation Model with a partner.

C **CONVERSATION PAIR WORK** | Role-play the conversation, using real or invented plans. Choose activities from Warm-Up and Topic Warm-Up, or choose other activities. Use places from the Vocabulary. Then change roles.

A: Hey, sometime?

B: I'd love to. When's good for you?

A: ?

B: Sorry, I can't then. I have to

A: Well, how about ?

B: Let me check . . . Yes, that's good for me. Where should we meet?

A: How about at the ?

B: See you there!

KEEP TALKING! ●●●

- Suggest other days and times.
- Ask for and give directions to a place to meet.

Watch the video for ideas!

RECYCLE THIS LANGUAGE

That won't work.
What do you think?
Does that appeal to you?



**A** GRAMMAR | Modals should and could

Modals add meaning to the main verb in a sentence.

Use the modal **should** to give advice.

It's late. You **should go** home.

Use the modal **could** to present an option.

We **could go** to the pool. Or we **could go** to the beach.

Remember: In statements, follow a modal with the base form of a verb.

We **could sign up** early for the aerobics class. It's at a good time.

You **shouldn't go** to the spin class today. It's too strenuous!

In **yes / no** questions, the modal comes before the subject of the sentence.

Should I get tickets for all of us? (Yes, you should.)

Could I go running on a track instead of on the treadmill? (Yes, you could.)

Note: Could is also the past form of the modal can.

I **couldn't play** golf yesterday.

Where **should** we go this afternoon?

Well, we **could go** to the movies. What do you think?

**GRAMMAR EXPANDER** p. 142

- Should and could: information questions
- Modals: common errors
- Can and be able to: present and past forms

B PRONOUNCE THE GRAMMAR | Listen and repeat the grammar examples.**C** GRAMMAR PRACTICE | Complete the conversation. Circle the correct words.

Dana: You know, my husband comes home from work every day with a headache. The doctor says it's just stress.

Sally: Well, exercise (1. **can help** / **has to help**) him unwind. He (2. **should** / **can**) exercise. (3. **Can** / **Should**) your husband swim? There's a nice indoor pool at my gym. I (4. **could** / **have to**) invite him.



Dana: He says he hates indoor activities. But he **does** like outdoor activities like hiking and bike riding.

Sally: Well, (5. **could he** / **does he have to**) do that after work or on the weekend?



Dana: I guess he (6. can / could), but I think he (7. shouldn't / has to) buy a new pair of hiking boots. He (8. doesn't have to / can't) wear his old ones. They're too tight.

Sally: What about a bicycle? Does he have one?



Dana: No, unfortunately, he doesn't.

Sally: Well, we have an extra one. He (9. has to / could) use that instead of buying one.

Dana: That's so kind of you. Thanks a million!

D PAIR WORK | Practice the conversation from Exercise C.



COMMUNICATION ACTIVATOR

Now let's suggest how to get in shape.

A ||| CONVERSATION MODEL | Read and listen.

A: I really have to get in shape! Any suggestions?

B: What kind of exercise appeals to you?

A: Let me think . . . Well, I like outdoor activities.

B: You could play tennis or basketball. Those are pretty strenuous.

A: To tell you the truth, I prefer individual sports.

B: OK! Well, you should go bike riding or running.

You can do those every day.

A: And they're a great workout! Why didn't I think of that?

Social language

Use "To tell you the truth" to soften a statement of disagreement.

B ||| PRONUNCIATION PRACTICE | Listen again and repeat. Then practice the Conversation Model with a partner.

C CONVERSATION PAIR WORK | Change the conversation. Say what you prefer. Then change roles.

A: I really have to get in shape! Any suggestions?

B: What kind of exercise appeals to you?

A: Let me think . . . Well, I like . . . activities.

B: You could . . . or . . . Those are pretty . . .

A: To tell you the truth, I prefer . . .

B: OK! Well, you should . . .

KEEP TALKING! ●●●

- Suggest other activities.
- Suggest a location.

Watch the video for ideas!

D CHANGE PARTNERS | Change the conversation again.





- A** **VOCABULARY** | Land and water recreation activities; Collocations with **go** | Read and listen. Then listen again and repeat.

LAND ACTIVITIES



walking /
go walking



rock climbing /
go rock climbing



mountain biking /
go mountain biking



camping /
go camping

WATER ACTIVITIES



kayaking /
go kayaking



sailing /
go sailing



fishing /
go fishing



paddleboarding /
go paddleboarding

And remember:

- | | |
|-----------------|--------------------|
| (go) hiking | (go) sport fishing |
| (go) running | (go) surfing |
| (go) snorkeling | (go) swimming |

- B** **PAIR WORK** | Tell your partner which of the activities from the Vocabulary you do and which you don't do.

- C** **LISTEN FOR MAIN IDEAS** | Listen to the episode of *Let's Be Practical*. Which of the following is Clemson's main idea?

- Vacations with exciting activities can be very expensive.
- The problem with health clubs is that you have to exercise indoors.
- It's not necessary to take an expensive vacation to enjoy outdoor recreation.

- D** **LISTEN FOR DETAILS** | Listen again. Check the statements that agree with what Clemson says.

- Many people think vacations with a lot of outdoor activities are appealing.
- One reason vacations are expensive is because of air travel.
- Most people need some training if they want to go sport fishing, snorkeling, or surfing.
- The activities you do on a vacation can keep you fit all year long.
- It's important to exercise all year round, not just on a vacation.
- Outdoor activities are more appealing than indoor activities.
- Walking and going to the beach can be just like a mini-vacation.
- If you have a little money to spend on exercise, it's better to spend it in a health club than to buy a paddleboard or a mountain bike.

“I go mountain biking in the national park. I never go camping.”



Let's Be Practical
host Clem Clemson



Now let's discuss recreation equipment.

A **TALKING POINTS** | Listen and repeat the names of the equipment. Write an activity for each piece of equipment. Then check the statement that you agree with.



a tennis racket

activity: tennis

- You could use this.
- You should use this.
- You have to use this!



a mountain bike

activity: _____

- You could use this.
- You should use this.
- You have to use this!



a helmet

activity: _____

- You could wear this.
- You should wear this.
- You have to wear this!



a tent

activity: _____

- You could use this.
- You should use this.
- You have to use this!



a kayak and a paddle

activity: _____

- You could use these.
- You should use these.
- You have to use these!



a sailboat

activity: _____

- You could use this.
- You should use this.
- You have to use this!



a fishing rod

activity: _____

- You could use this.
- You should use this.
- You have to use this!



a surfboard

activity: _____

- You could use this.
- You should use this.
- You have to use this!



hiking boots

activity: _____

- You could wear these.
- You should wear these.
- You have to wear these!



running shoes

activity: _____

- You could wear these.
- You should wear these.
- You have to wear these!



a bathing cap

activity: _____

- You could wear this.
- You should wear this.
- You have to wear this!



a life vest

activity: _____

- You could wear this.
- You should wear this.
- You have to wear this!

B **PAIR WORK** | Compare responses in Talking Points. Do you agree about necessary equipment?

If you go mountain biking, you have to have a mountain bike and you have to wear a helmet.

To tell you the truth, I don't think a helmet is really necessary.

WRITING

Write two paragraphs about outdoor recreation. In the first paragraph, write about your favorite activities. In the second, write about the activities that don't appeal to you.

I love outdoor activities. My favorite is hiking. I go hiking almost every weekend with my brother. We just get up, put on our hiking boots, and...

WRITING HANDBOOK p. 152

- The paragraph
- Guidance for this writing exercise





A **VOCABULARY** | Parts of the body | Read and listen. Then listen again and repeat.



C **READING** | Read about physical therapy. What's one way a physical therapist can help a patient with an injury?

B **VOCABULARY** | Accidents and injuries | Read and listen. Then listen again and repeat.



1 He **burned** his finger.



2 She **hurt** her back.



3 She **cut** her hand.



4 He **broke** his arm.



5 He **fell** down.

Base form	Past form
burn	→ burned
hurt	→ hurt
cut	→ cut
break	→ broke
fall	→ fell

YOU SAY YOU WANT TO BE A PHYSICAL THERAPIST?

Read "A day in the life" of physical therapist Martha Roberts.

I'm a physical therapist, and I specialize in exercise therapy for sports injuries. Each day, I work with seven or eight patients in my center, which looks sort of like a gym. I have special therapy tables and exercise equipment. The exercises help patients walk, work, and carry on their normal activities without pain.

How can exercise therapy help? Well, let's say you go rock climbing in the rain and you fall and break a bone in your leg. You're in a lot of pain. Your companions take you to the hospital, where a doctor sets the broken bone and puts your leg in a cast so the bone can heal. You get crutches so you don't have to walk on that leg, and you can let the broken leg rest.



Patient with leg in a cast, walking with crutches

I always tell my patients, "Bodies want to move." If you don't move, your muscles get weak. So after six to eight weeks in a cast and not moving, your muscles need to wake up and get moving to be strong again. The only thing that can make that happen is exercise.



My training taught me how to choose the exact *right* exercises for each injury and make sure my patients do the exercises correctly and without pain. I advise them to practice the exercises several times a day between their visits to my office. This helps my patients get strong again so they can get back to their regular activities—even rock climbing!—if that's what they want to do.

Not all physical therapists specialize in sports injuries, but I do, and I love my work. I can help my patients get active again fast.

D SCAN FOR FACTS | Circle the correct answer to complete each statement, according to the Reading.

- 1 Martha Roberts works in
 a a gym
 b a physical therapy center
- 2 Her work is to help
 a patients with injuries
 b set broken bones
- 3 She chooses that can help each patient with his or her specific injury.
 a exercises
 b sports
- 4 A physical therapist gets special so he or she knows how to treat each patient.
 a exercise
 b training
- 5 Ms. Roberts uses in her physical therapy.
 a special tables and equipment
 b casts and crutches
- 6 When you wear a cast, your muscles
 a don't move
 b don't rest
- 7 If you don't use your muscles, they can get
 a weak
 b painful
- 8 After they finish their physical therapy, patients can
 a go back to their normal activities
 b continue therapy

 **COMMUNICATION ACTIVATOR**

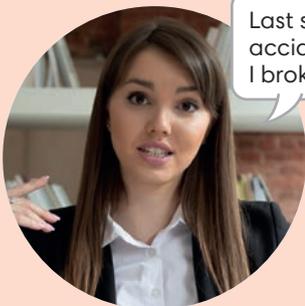
Now let's describe accidents and injuries.

A TALKING POINTS | Complete the notepad with injuries and accidents.

Injury	When did it happen?	Where were you?
I burned my <i>arm.</i>	<i>last night</i>	<i>I was in my kitchen.</i>
I burned my		
I hurt my		
I cut my		
I broke my		
I fell down.		

B PAIR WORK | Tell your partner about your accidents and injuries. Use your notepad for support. Say as much as you can.

SOFT SKILLS BOOSTER p. 162



Last summer I had a mountain biking accident. I was on vacation in Europe. I broke my foot.



Did you have to go back home?

OPTIONAL Underline new words or phrases in the Reading you can use in your Pair Work. Example: "If you don't move, . . ."

RECYCLE THIS LANGUAGE

Statements

I was in a lot of pain.
 I had to go to the hospital.
 They gave me a cast.
 I had to use crutches.
 I needed physical therapy.
 I'm [OK / not OK] now.

Responses

I'm sorry to hear that.
 That's too bad.
 Oh, no!
 I'm sorry.
 Feel better!
 You should ____ .
 You could ____ .



MOVING SQUARES

Form two teams, two partners each. Place a coin for each team on **START**. Flip a coin to see which team goes first. Team 1 flips a coin: heads = advance one square; tails = advance two squares. When you land on a square, follow the directions there to begin a conversation. Team 2 corrects any errors. Then it's Team 2's turn to flip the coin and advance. Continue play until one team reaches **FINISH**. That team wins.

Start

Finish

Invite your partner to 

Ask where.

Politely decline an invitation to 

Suggest another time or day.

MOVE FORWARD
TWO SQUARES.

Invite your partner to 

Tell your partner the equipment he or she has to use or wear.

Hints

Why don't we ___ sometime?
What should I do?
Well, what / how about ___?
I'm sorry. I can't then.
How about we ___ sometime?
Do you mean it?
I have to ___.
You should ___.
You could ___.
Do you want to ___ sometime?
See you there!
Let me check.
I actually hate ___.
I like ___ better.
I totally do.
Where should we meet?
Would you like to ___ sometime?
That's fine.
That's good for me.
At the [park], OK?
That's a good idea.

Tell your partner he or she needs a helmet to 

Disagree with the advice.

MOVE BACK
THREE SQUARES.
MISS A TURN.

Invite your partner to 

Tell your partner the equipment he or she should use or wear.

Tell your partner about an injury or accident you had at work or school.

Express sympathy.

Tell your partner about an injury or accident you had at home.

Give your partner advice.

Ask your partner about the kinds of outdoor activities he or she prefers.

Answer.

Tell your partner why you prefer indoor (or outdoor) activities.

Express your own opinion in response.

Suggest a place to meet to 

Suggest a different place.

Tell your partner one thing you are doing to get in shape.

Make two other suggestions with could or should.

Invite your partner to 

Accept the invitation.

MOVE FORWARD
THREE SQUARES.

- Make a date to get together.
- Suggest how to get in shape.
- Discuss recreation equipment.
- Describe accidents and injuries.