Warm-up

1 Look at the pictures. Write the name of the activity. Use words from the box.

- do aerobics
- do yoga
- lift weights
- run on a treadmill
- swim
- take a spin class

1 ........................................
2 ........................................
3 ........................................
4 ........................................
5 ........................................
6 ........................................

2 Circle the correct activity to complete the sentences.

1 I take yoga classes for flexibility, but I do (aerobics / Pilates / swim) to strengthen my muscles.
2 Vanessa loves riding bikes. When the weather is bad, she (takes a spin class / lifts weights / runs on a treadmill).
3 You don’t have to own special equipment to (swim / ride a stationary bike / work out) at home.
4 We usually do (aerobics / yoga / Pilates) to fun, upbeat music. It helps to get our heart rate up.
5 Trent listens to podcasts when he (does aerobics / runs on a treadmill / takes a spin class) because he doesn’t have to listen to an instructor.
6 To focus on strength training your arms, you can (ride a stationary bike / do yoga / lift weights) at the gym.

DID YOU KNOW . . . ?

<table>
<thead>
<tr>
<th>Activity</th>
<th>Calories burned (based on person weighing ~150 lbs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elliptical workout</td>
<td>600 per hour</td>
</tr>
<tr>
<td>Spin class</td>
<td>500 per hour</td>
</tr>
<tr>
<td>Dance workout</td>
<td>350 per hour</td>
</tr>
<tr>
<td>Yoga</td>
<td>240 per hour</td>
</tr>
<tr>
<td>Walking on treadmill</td>
<td>220 per hour</td>
</tr>
<tr>
<td>Lifting weights</td>
<td>200 per hour</td>
</tr>
<tr>
<td>Long-distance jogging</td>
<td>100 per mile</td>
</tr>
</tbody>
</table>

UNIT 9
Complete the conversation with language from the box. One phrase is not used.

a good way to unwind  Do I have to sign up  Does that appeal to you
I can make that class  not really a good fit for me  that won’t work

A: Hi. I’m new in town and I’d like to take a Pilates class at 6:00 this evening.
   (1) __________________________________________ ahead of time or can I just show up?
B: Hi, and welcome. Let me check on that for you.
A: Thanks.
B: I’m sorry. It looks like that class is already full. Could you come to the 5:00 class?
A: No, (2) __________________________________________. I’ll still be at the office.
B: Well, there’s a yoga class at 6:00. (3) _______________________________?
A: Oh, yes. I like yoga. It’s (4) _______________________________.
B: Yes, it is. So, should I sign you up for the yoga class tonight?
B: Yes, please. (5) _______________________________.

LESSON 1

Look at each picture. Write the correct place for sports and exercise.

an athletic field  a basketball court  a golf course  a gym  a tennis court  a track

1 2 3

4 5 6

Complete the sentences with places from Exercise 1.

1 We cheered when our football team entered the __________________________ for the first game.
2 I have a __________________________ membership. I can take a class or use the equipment any time I want.
3 My daughter has a game today. It’s at her school in the indoor __________________________.
4 Our apartment complex has a __________________________ for residents who like to play tennis.
5 Meet me at the club at the __________________________ for lunch after playing 18 holes.
3 Complete the sentences using have to or has to.
1 You can sleep in tomorrow. It’s Saturday. You don’t ______________________ go to work.
2 We ______________________ pick up some groceries tomorrow.
3 Vince ______________________ buy a Hawaiian shirt for the beach-themed party.
4 I am so tired. I____________________ go to bed earlier tonight.
5 She has a toothache. She ______________________ go to the dentist.
6 His parents ______________________ start walking every day. They are not moving enough.
7 I ______________________ have coffee before I can get my day started.

4 Complete the conversations with the correct form of have to + the words in parentheses.
1 A: Gail is doing so well with her ballet. Does she ______________________ much? ( practice )
   B: Yes, she does. She takes classes four times a week.
2 A: Why wasn’t Ernie at the gym today?
   B: He wasn’t feeling well. He said he ______________________ home. ( stay )
3 A: You look so good. How do you stay in shape?
   B: Well, I ______________________ every day, plus I lift weights pretty often. ( run )
4 A: Sorry I’m late picking you up. I ______________________ to the post office. ( go )
   B: That’s okay. I got to watch a little more of the basketball game.
5 A: I’m so tired. I wish we ______________________ anywhere tonight. ( not, go )
   B: We could stay in if you’d like. There’s a good movie on.
6 A: Let’s order Chinese takeout for dinner.
   B: Wonderful idea! Now we ______________________. ( not, cook )

5 Look at Paula’s daily planner. Answer the questions about her schedule. Explain what she has to do.
1 Can Paula have lunch with her dad on Sunday at 1:00?
   ______________________. No, she can’t. She has to clean the house.
2 Why can’t Paula sleep late on Friday?
   ______________________
3 What does Paula have to do on Saturday at 5:00?
   ______________________
4 Can Paula lift weights at the gym on Friday at 7:00?
   ______________________
5 Does Paula have plans for Sunday at 5:00?
   ______________________
Choose the correct response. Circle the letter.

1. "Why don't we go running sometime?"
   a. That's too bad.
   b. I'd love to. How about Friday?
   c. Great! See you then.

2. "Do you want to meet me at the pool for a swim tomorrow afternoon?"
   a. Sorry, I can't go then.
   b. You're right. We should go.
   c. Where should we meet?

3. "Where should we meet?"
   a. Don't bother.
   b. How about at the track?
   c. Saturday at noon.

4. "Monday at 10 A.M. would be perfect."
   a. Great! See you then.
   b. I'm sorry to hear that.
   c. How about Tuesday?

5. "When's good for you?"
   a. At the golf course.
   b. Once a week.
   c. Sunday night?

6. "I'd love to go to a movie with you sometime."
   a. When's good for you?
   b. Want to come along?
   c. What are you up to?

---

Circle the correct word or words to complete each sentence.

1. When (we should / should we / should) lift weights together?
2. I don't have time today. (We could / Could we / Could) go to the gym tomorrow.
3. The spin class is full. (We should / Should we / Should) do aerobics instead?
4. Jessie loves to swim. She (should / could / should she) go to the new community pool.
5. A: I really want to go to the mall today.
   B: You really (could / should / shouldn't). You have to study.
6. A: Dave can't make the 8 A.M. Pilates class.
   B: (Could you / Could he / He could) go later in the day?
7. (Should they / They should / Should) plan on playing tennis this weekend or next?

Complete each statement or question with forms of should or could and the words in parentheses.

1. My brother wants to get in shape. (he / buy) a stationary bike or go running?
   Or, I guess (he / join) a gym.
2. What do you think: (we / take) the spin class or the aerobics class? Oh wait!
   (we / run) on the treadmills.
3. Do you want my advice? (you / meet) Pete at the tennis courts this weekend.
   (he / teach) you how to play.
4. (I / get) tickets for all of us? (I / put) them on my credit card.
5. (we / go) to the pool. Or (we / drive) to the beach.
6. It's up to you, but I think (you / not / work out) today. You were sick all day yesterday.
   (you / go) tomorrow instead.
3 Complete the conversation with phrases from the box. One phrase isn’t used.

Any suggestions It’s very relaxing Well, you could do Pilates
what kind of exercise appeals to you You should sign up You should try yoga

A: I really want to get in shape. (1)
B: Well, (2) ? What do you like doing?
A: Let me think… I guess I like indoor activities better than outdoor.
B: (3) . I go three times a week.
A: To tell you the truth, I prefer something a little more active.
B: (4) . It’s a little more physical than yoga.
A: I guess so. I think there’s a class at the community center tomorrow.
B: You’re right. (5) .

4 What kind of exercise appeals to you? Complete the sentences below. Use your own words.

To tell you the truth, (1) and (2) aren’t a good fit for me. I prefer (3) activities like (4) and (5) .

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LESSON 3

1 Use the words from the box to complete the chart.

- hiking
- kayaking
- mountain biking
- paddleboarding
- rock climbing
- running
- sailing
- snorkeling
- surfing
- swimming
- walking

<table>
<thead>
<tr>
<th>Land activities</th>
<th>Water activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>camping</td>
<td>fishing</td>
</tr>
</tbody>
</table>

2 For each activity, circle the equipment that does NOT belong.

1 mountain biking
   (a helmet / a mountain bike / a life vest )
2 kayaking
   (a kayak / running shoes / a paddle )
3 camping
   (a bathing cap / a tent / a sleeping bag )
4 snorkeling
   (a bathing suit / a fishing rod / a snorkel )
5 hiking
   (a water bottle / hiking boots / a tennis racket )
6 sailing
   (a sailboat / a surfboard / a life vest )
LESSON 4

1. Look at the picture. Who is doing what? Write the names next to their actions.

1. .......... is touching his nose with his finger.
2. .......... has her hands on her hips.
3. .......... is touching her shoulders.
4. .......... has his hands on his knees.
5. .......... is touching his fingers.
6. .......... is touching his shoulders.
7. .......... has her hands on her head.
8. .......... has her hands on her neck.
9. .......... is touching her toes.

2. What happened? Write a sentence about each picture.

1. .......... She burned her hand.
3 Read the article. What is Miley Carson’s advice about? Circle the correct letter.

a avoiding injury  
b becoming a pro player  
c cooling down correctly

4 Read the article in Exercise 3 again. Then write in the correct words to complete the sentences. Use the words from the box. Two words are not used.

can change  exercise  help  injury  mistakes  rest  sleep  stretch  warm-up

In this interview, Miley Carson explains several (1) mistakes that people make when they are working out. The first is that they don’t (2) warming up. Warming up gets your muscles ready for (3) stretching and helps you avoid (4) injuries. Another thing that can cause injuries is always doing the same exercises. You need to (5) to your workout sometimes so that your whole body can get stronger. Finally, Carson says that we shouldn’t forget about the importance of (6) to rest and recover from exercise.

5 Read the article in Exercise 3 again. Then circle the correct word or words to complete each statement, according to the interview.

1 Miley Carson is a soccer ( player / coach ).
2 Sara Walker ( asks for advice / gives advice ) on working out.
3 Carson says the most important thing is to not ( quit / injure yourself ).
4 According to Carson, many people ( don’t warm up / warm up for too long ).
5 Walker says she often doesn’t ( cool down / warm up ) because she is in a hurry.
6 Carson says it’s important to ( change your routine / stick to the same workout ).
7 Your muscles need to ( stay active / rest ) between workouts.
1 Look at the responses. Write information questions with have to.

1 A: Where do you have to meet your parents?
   B: I'm supposed to meet them at the diner.
2 A: Pick up your son?
   B: I have to pick him up after baseball practice.
3 A: Go to class?
   B: Because I want to learn English.
4 A: Do after work?
   B: I have to go to the supermarket for groceries.
5 A: Go to the dentist?
   B: I go twice a year for cleanings.

Complete the conversations. Write information questions and statements. Use the words provided and should or could.

1 When / kayaking
   A: When should we go kayaking?
   B: Let's go after lunch.

2 We / hiking / swimming
   A: What do you want to do today?
   B:

3 We / fishing / this afternoon
   A: ?
   B: Yes, definitely! It's so nice out.

4 We / high school track
   A: Where do you want to go running?
   B: ________________________________.

5 She / bring / running shoes
   A: ________________________________?
   B: Yes. She will need them.

6 You / grab / my / tennis racket
   A: ________________________________?
   B: Of course. I'll pick it up on my way out.

Complete the replies. Use can or able to and the words in parentheses.

1 A: What time are you free?
   B: ________________________________ (meet / 3:30)

2 A: Did you get my e-mail last night?
   B: No, ________________________________ (not / get wi-fi)

3 A: How is your hand after the accident?
   B: Better, ________________________________ (am / move / now)

4 A: What did the doctor say?
   B: She said ________________________________ (go back / work)

5 A: Where's Sarah?
   B: She said ________________________________ (not / come / today)

6 A: Who can make the food for the party?
   B: Charles ________________________________ (make / the food)
WRITING HANDBOOK

1. Read the article about bargaining customs around the world. Write a check mark (✓) in the places where a new paragraph could or should start.

Can you give me a better price?  
Bargaining Customs Around the World

Bargaining customs are very different around the world. Few
would go shopping in another country without knowing the
exchange rate. However, many travelers don’t learn anything
about the local shopping customs of the place they are
visiting before spending money. Understanding when it’s OK
to bargain can save you a lot of money and make your
shopping experience much more enjoyable. In Morocco,
bargaining is always expected in the shopping markets. Here
bargaining is more than just getting the best price. If you go into a shop
and agree to the first price a seller offers, the seller may not be happy. For
Moroccans, bargaining is a form of entertainment; it’s a game of skill, a little bit of
acting, and it’s a chance to chat about the weather, business, and family. So be sure
to have fun and try to get a better price! In the food markets in Tahiti, bargaining is
not appropriate. In fact, it is considered disrespectful to ask for a better price. In
these South Pacific food markets, sellers will even take their fruits and vegetables
back home with them, rather than give a discount!

2. Write two paragraphs about exercise. In the first paragraph, write about the types of exercise you do. In the second, write about how you could change your exercise habits.

<table>
<thead>
<tr>
<th>Paragraph 1</th>
<th>Paragraph 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>What exercise activities do you do?</td>
<td>What could you change about your exercise habits?</td>
</tr>
<tr>
<td>How often do you do them?</td>
<td>What new exercise could you do?</td>
</tr>
<tr>
<td>Do you need any equipment for them?</td>
<td>How often could you do it?</td>
</tr>
<tr>
<td>Where do you do them?</td>
<td>Where could you do them?</td>
</tr>
<tr>
<td>Who do you do them with?</td>
<td>Who could you do them with?</td>
</tr>
</tbody>
</table>

| To tell you the truth, I don't exercise very often. Health clubs don't appeal to me. I do like walking with my dog. We . . . |

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UNIT 9