

Staying in Shape

1 Look at the pictures. Name each activity. Write the letter on the line.



- ____ 1. swimming ____ 4. dancing ____ 7. running
 ____ 2. walking ____ 5. playing soccer ____ 8. lifting weights
 ____ 3. doing aerobics ____ 6. cooking dinner ____ 9. sleeping

2 Choose the correct response. Write the letter on the line.

1. Kate has ballet class on Mondays. She goes to ballet _____. a. almost never
 2. The first thing I do in the morning is drink coffee. I drink coffee _____. b. every weekend
 3. I play basketball, but not as much as I'd like to. I _____ play. c. never
 4. Anna's husband does all the cooking. Anna _____ cooks. d. every day
 5. Jim and Dean always play golf on Saturday or Sunday. They play golf _____. e. once a week

3 How often do you do these activities? Complete the chart.

Activity	How often?
ride a bike	
eat in a restaurant	
shop for clothes	
shop for food	
watch TV	
clean your house	
exercise	



4 Answer the questions. Use your own words.

1. "What are you up to?"

YOU _____

2. "Are you in shape or out of shape?"

YOU _____

3. "What are you crazy about?"

YOU _____

5 Complete the sentences. Use have to or has to.

- I _____ go to class this morning. Do you have my textbook?
- She can sleep late tomorrow. She doesn't _____ work until 10:30.
- My brother isn't healthy. He _____ exercise more.
- They don't _____ pick us up at the train station. We can take a taxi.
- Pete _____ buy a new digital camera. His old one isn't working.
- Do you _____ work next Saturday?
- We _____ finish our report before the next sales meeting.

6 Write sentences. Use words from each box.

I My parents My teacher My friend My boss My brother	+	has to don't have to can can't have to doesn't have to	+	work late on Friday. play tennis this weekend. go to school. study English. go shopping this weekend. cook dinner tonight. sleep late tomorrow morning.
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- My brother doesn't have to study English.* _____
- _____
- _____
- _____
- _____

7 Look at the responses. Write questions with can or have to.

- A: (Gail / speak Polish) *Can Gail speak Polish* _____?
B: No. She speaks English and French.
- A: (you / play basketball tonight) _____?
B: Sure. I'm not busy.
- A: (you / meet your brother at the airport) _____?
B: No, I don't. He's taking a bus.
- A: (I / call you tomorrow) _____?
B: OK. That would be great.
- A: (Frank / buy a new printer) _____?
B: No. He fixed his old one.
- A: (they / take the exam on Friday) _____?
B: Yes, they do. They're studying tonight.

8 Look at Paula's daily planner. Answer the questions about her schedule.

- Can Paula go running Saturday morning at 9:00?
No, she can't. She has to study English.
- What does Paula have to do on Sunday afternoon?

- Does Paula have to work on Friday?

- Why can't Paula do aerobics Sunday night at 7:30?

- Can Paula sleep late on Sunday morning?

Daily Planner			
	FRIDAY	SATURDAY	SUNDAY
9:00	Arrive at the office	English class	
11:00			
1:00	Sales meeting	Lunch with Dad	Clean the house
3:00			
5:00	Leave the office	Shop for a new cell phone	Cook dinner
7:00	Do aerobics		See a movie with Sara

9 Choose the correct response. Circle the letter.

- "Why don't we go bike riding this weekend?"
a. Too bad. b. Sounds good. c. Don't bother.
- "I'd love to go dancing with you sometime."
a. When's good for you? b. Want to come along? c. What are you up to?
- "When's good for you?"
a. Sorry, I can't. b. How about Thursday? c. Once a week.
- "Saturday at noon is perfect."
a. I'm sorry to hear that. b. Well, how about Sunday? c. Great. See you then.

LESSON 2

10 Complete the sentences with places from the box.

gym athletic field pool court track course

- The school _____ is used for a lot of different sports. Students play football and soccer in the fall and baseball in the spring.
- You can take an aerobics class or use exercise machines at a _____.
- The hotel has a tennis _____ and an 18-hole golf _____.
- On Fridays, there are water aerobics classes in the swimming _____.
- You can go running or walking on a _____.

- 11 Look at Dave's activity schedule for September. Then complete the sentences.
Circle the letter.

Dave's Activity Schedule				September		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 lift weights at the gym 5:30 PM	2	3 play basketball 7:00 PM	4 lift weights at the gym 5:30 PM	5 study English 8:45 PM	6 lift weights at the gym 5:30 PM
7 clean the house 10:00 AM	8 lift weights at the gym 5:30 PM	9 lift weights at the gym 5:30 PM	10 play basketball 7:00 PM	11 lift weights at the gym 5:30 PM	12 study English 8:45 PM	13 go running at the track 12:00 PM
14 clean the house 10:00 AM	15 go running at the track 7:00 PM	16 lift weights at the gym 5:30 PM	17 play basketball 7:00 PM	18 lift weights at the gym 5:30 PM	19	20 lift weights at the gym 10:00 AM play golf 3:00 PM
21 clean the house 10:00 AM lift weights at the gym 1:00 PM	22 lift weights at the gym 5:30 PM	23 lift weights at the gym 5:30 PM	24 play basketball 7:00 PM	25 lift weights at the gym 5:30 PM	26 study English 8:45 PM	27 go bike riding 5:00 PM
28 clean the house 10:00 AM	29 lift weights at the gym 5:30 PM	30				

- Dave ____ goes bike riding.
 - hardly ever
 - never
 - always
- Dave ____ cleans the house on Sundays.
 - always
 - sometimes
 - never
- Dave lifts weights _____.
 - once a week
 - at least three times a week
 - every day
- Dave plays basketball _____.
 - on Tuesdays
 - on Wednesdays
 - on weekends
- Dave usually lifts weights _____.
 - in the evening
 - in the morning
 - in the afternoon
- Dave ____ goes running.
 - once a month
 - every weekend
 - almost never

12 Write sentences about your own activities.

Examples: I eat in a restaurant every weekend.

I almost never ride a bike.

1. _____
2. _____
3. _____
4. _____
5. _____

13 Look at the responses. Complete the questions. Use the simple present tense.

- | | |
|--|---|
| 1. A: How often <u>does Jim play tennis</u> _____? | 4. A: When _____? |
| B: Jim almost never plays tennis. | B: They go dancing on Friday nights. |
| 2. A: How often _____? | 5. A: Where _____? |
| B: I go walking every day. | B: We do aerobics at the gym. |
| 3. A: When _____? | 6. A: Where _____? |
| B: I usually cook dinner at 7:00. | B: Kyle plays soccer at the athletic field. |

14 Write sentences. Use the simple present tense or the present continuous.

1. Charlie / usually / play golf / on weekends
Charlie usually plays golf on weekends.
2. Adam / talk on the phone / right now

3. My stepbrother / hardly ever / clean the house

4. We / go dancing / tonight

5. I / sleep late / tomorrow morning

6. Cindy / go swimming / twice a week

7. Deanna / almost always / watch TV / on weeknights

8. They / work late / next Tuesday

15 Choose the correct response. Write the letter on the line.

- | | |
|---|---|
| _____ 1. "How often do you do aerobics?" | a. Because I'm too busy. |
| _____ 2. "Where are you off to?" | b. No, I'm not. I'm watching TV. |
| _____ 3. "How often do you go swimming?" | c. I go to the gym once a week. |
| _____ 4. "When do you go dancing?" | d. I hardly ever go to the pool. |
| _____ 5. "How come you're not going running tonight?" | e. On Friday nights. |
| _____ 6. "Are you studying right now?" | f. I'm meeting my sister at the pool in 15 minutes. |

LESSON 3 AND 4

16 Read the letters to a health magazine advice column.

Dear In-Shape,

I have two health questions for you. I'm an athlete. I play baseball for my university team, and I go running every day. I exercise all the time. I think I'm in terrific shape, but I'm worried that I exercise too much. That's my first question—how much exercise is too much?

My second question is about my diet. I try to eat healthy. I hardly ever eat pizza, fast food, or other snacks. I never drink soft drinks. But I have one really bad habit: I have a sweet tooth! I eat too much chocolate, candy, cake, and ice cream. How can I cut down on sweets?

—Ron Miller



Dear In-Shape,

I need some exercise advice! I don't feel very healthy. I get tired just walking from my house to my car! My doctor said that I have to exercise more. I'm sure that she's right. I should get out of the house more often. My husband goes running every day, but I never go running with him. I'm a couch potato. My big activity is watching movies—I watch a movie just about every night. Unfortunately, you don't burn many calories watching TV!

By the way, the problem is not my diet. I generally try to eat foods that are good for me, like fish, vegetables, and fruit. I avoid snacks, and I almost never eat sweets!

—Nina Hunter



Now read the letters on page 7 again. Complete the chart about Ron's and Nina's diet and exercise habits. Check the boxes.

	Ron Miller	Nina Hunter
is in shape	<input type="checkbox"/>	<input type="checkbox"/>
is out of shape	<input type="checkbox"/>	<input type="checkbox"/>
eats junk food	<input type="checkbox"/>	<input type="checkbox"/>
avoids sweets	<input type="checkbox"/>	<input type="checkbox"/>
is crazy about sweets	<input type="checkbox"/>	<input type="checkbox"/>

17 Read the sentences about Ron and Nina. Check true, false, or no information.

	true	false	no information
1. Ron doesn't have time to exercise.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Ron generally avoids junk food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Ron usually drinks a lot of water.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Nina never eats fish.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Nina doesn't exercise regularly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Nina doesn't eat healthy foods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

18 Are you in shape? Do you have a healthy diet? Explain your answers.

I don't have a healthy diet. I almost never eat vegetables...

19 Read the articles on page 16 of the Student's Book again. Answer the questions.



- Why can't Mark Zupan move his arms and legs normally? _____
- What is Zupan's nickname? _____
- What sport does he play? _____
- What does he do to stay in shape? _____
- What does he do in his free time? _____
- What is Bethany Hamilton's sport? _____

7. How did Hamilton lose her arm? _____
8. What does she do when she's not surfing? _____
9. What is her advice? _____

GRAMMAR BOOSTER

A Rewrite each sentence. Use can or can't.

1. Eric is going surfing this weekend.
Eric can go surfing this weekend.
2. Tana and Glenn aren't playing golf on Sunday.

3. Are we sleeping late tomorrow?

4. My stepsister isn't going to the movies with us.

B Rewrite each sentence. Use have to or don't have to.

1. We're cleaning the house on Saturday.
We have to clean the house on Saturday.
2. Are the salespeople working late tonight?

3. Kelly and Caroline are studying for the test tomorrow.

4. We're not buying a new printer.

C Look at the responses. Write information questions with can.

1. A: Where can I go running ?
B: Well, you can run in the park.
2. A: _____ ?
B: I think she can come after class, but I'm not sure.
3. A: _____ ?
B: Three. I speak Spanish, English, and Japanese.
4. A: _____ ?
B: I can meet you at 9:30.
5. A: _____ ?
B: Not very often. Golf is so expensive around here.

D Look at the responses. Write information questions with have to.

1. A: *How often do you have to* _____ see your doctor?
B: Not very often. Just once a year.
2. A: _____ meet the client tomorrow?
B: I have to meet him at the airport.
3. A: _____ pick up the car?
B: You have to pick it up before 5:00. They close early today.
4. A: _____ work late tonight?
B: Because she has a big meeting tomorrow.
5. A: _____ get at the supermarket?
B: We need to get some chicken and broccoli for dinner tonight.

E Complete the sentences. Circle the letter.

1. I _____ about lunch. What do you want?
a. think b. am thinking c. thinks
2. He _____ her very much now.
a. love b. is loving c. loves
3. Michelle can't come to the phone. She _____.
a. sleep b. sleeping c. is sleeping
4. They _____ the chef at that restaurant.
a. are knowing b. know c. am knowing
5. We _____ some soup for dinner. Would you like some?
a. am having b. has c. are having

F Unscramble the words to write sentences in the simple present tense.

1. she / a lot / swimming / not / go
She doesn't go swimming a lot. _____
2. walk / Joel / to school / sometimes

3. always / my sisters / on the weekend / me / call

4. every day / meet / not / their / class

5. cook dinner / not / usually / on Friday nights / I

6. they / three times a week / play tennis / generally

WRITING BOOSTER

A Correct the capitalization and punctuation in the sentences.

1. I'm crazy about basketball, soccer, and golf.
2. my stepbrother burns more than 3000 calories a day
3. sometimes i have a candy bar for lunch
4. how often do you exercise
5. max hates to play sports but he loves to watch sports on tv
6. what do you generally eat for breakfast
7. they have to clean the house go shopping and study on weekends
8. is there a park a track or an athletic field near your home
9. rose avoids red meat junk food soda and sweets
10. how many hours do you usually sleep

B Choose two questions from Exercise A. Rewrite the questions with correct capitalization and punctuation and write your own answers. Explain your answers.

Q:	
A:	
Q:	
A:	