

UNIT 9

Fitness and Health

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.

- I take yoga classes for flexibility, but I do (**aerobics** / Pilates / swim) to strengthen my muscles.
- Vanessa loves riding bikes. When the weather is bad, she (takes a spin class / lifts weights / runs on a treadmill).
- You don't have to own special equipment to (swim / ride a stationary bike / work out) at home.
- We usually do (**aerobics** / yoga / Pilates) to fun, upbeat music. It helps to get our heart rate up.
- 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.
- To focus on strength training your arms, you can (ride a stationary bike / do yoga / lift weights) at the gym.

DID YOU KNOW ... ?

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



3 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

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

2 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?
.....

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

6 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?

LESSON 2

1 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?

2 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, and aren't a good fit for me. I prefer
..... activities like and

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

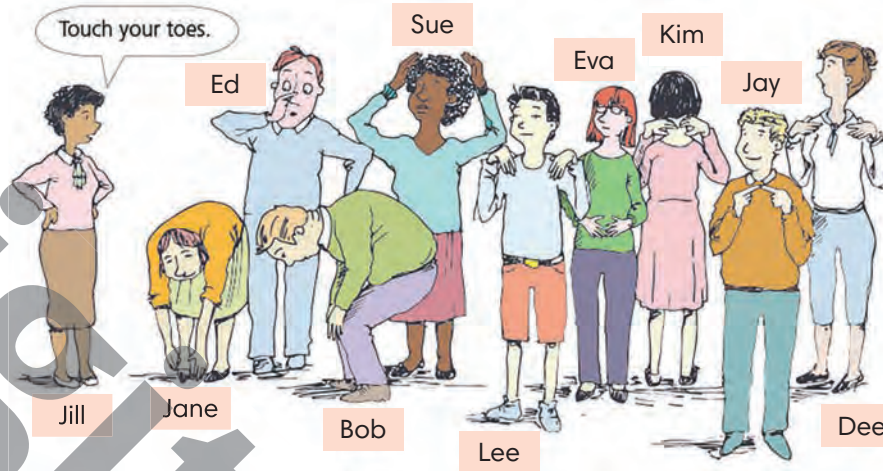
Land activities	Water activities
camping	fishing

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

- | | |
|---|---|
| 1 mountain biking
(a helmet / a mountain bike / a life vest) | 4 snorkeling
(a bathing suit / a fishing rod / a snorkel) |
| 2 kayaking
(a kayak / running shoes / a paddle) | 5 hiking
(a water bottle / hiking boots / a tennis racket) |
| 3 camping
(a bathing cap / a tent / a sleeping bag) | 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. | 6 is touching his shoulders. |
| 2 has her hands on her hips. | 7 has her hands on her head. |
| 3 is touching her shoulders. | 8 has her hands on her neck. |
| 4 has his hands on his knees. | 9 is touching her toes. |
| 5 is touching his fingers. | |

2 What happened? Write a sentence about each picture.

- 1 *She burned her hand*
- 2
- 3
- 4
- 5



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

HOW TO RUIN YOUR WORKOUT

Sarah Walker

Last week I spoke to soccer coach Miley Carson about how her players work out. I think all of us, whether we run, bike, play a sport, or lift weights, can learn something from what she had to say.



SW: Thanks for speaking to me today, Miley. Your players need to be in great shape to perform well on the field. I'd love to know what the rest of us can learn from them for our own exercise routines.

MC: Well, the most important thing is to not injure yourself! Too many people ruin their workouts by making basic mistakes.

SW: What kinds of mistakes?

MC: Number one on my list is not warming up. Warming up prepares your muscles for exercise and helps prevent injuries. Another big mistake is not cooling down and stretching. People often just stop exercising and sit down or hop in the shower. But you should stretch your muscles after you exercise.

SW: Oh, that's a good point. I often don't cool down because I'm in a hurry.

MC: Don't skip it! If you injure your muscles, you won't be able to work out at all. It's also important not to exercise the same muscles all the time. You need to change your routine. My players have to run a lot, but if they only work on their legs, the rest of their bodies won't develop the strength they need to avoid injury and be really effective athletes.

SW: That makes sense. Anything else we should watch out for?

MC: Well, this may sound strange, but it's forgetting about rest and sleep. Your muscles need to rest between workouts if they're going to get stronger. And every professional athlete knows that you need enough sleep to give your body time to recover.

As you can see, Coach Carson has some good advice for all of us!

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.

change exercise help injury mistakes rest sleep stretch warm-up

In this interview, Miley Carson explains several (1) that people make when they are working out. The first is that they don't (2) Warming up gets your muscles ready for (3) and helps you avoid (4) After your workout, it's important to cool down and (5) Another thing that can cause injuries is always doing the same exercises. You need to (6) your workout sometimes so that your whole body can get stronger. Finally, Carson says that we shouldn't forget about the importance of (7) Our bodies need time 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.

GRAMMAR EXPANDER

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.

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

- | | |
|---|---|
| 1 when / kayaking
A: <i>When should we go kayaking</i> ?
B: Let's go after lunch. | 4 we / high school track
A: Where do you want to go running?
B: |
| 2 we / hiking / swimming
A: What do you want to do today?
B: | 5 she / bring / running shoes
A: ?
B: Yes. She will need them. |
| 3 we / fishing / this afternoon
A: ?
B: Yes, definitely! It's so nice out. | 6 you / grab / my / tennis racket
A: ?
B: Of course. I'll pick it up on my way out. |

3 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)

- 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.

Paragraph 1

What exercise activities do you do?
How often do you do them?
Do you need any equipment for them?
Where do you do them?
Who do you do them with?

Paragraph 2

What could you change about your exercise habits?
What new exercise could you do?
How often could you do it?
Where could you do them?
Who could you do them with?

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 ...