

# Unit 8 Fit and healthy

## ACADEMIC SKILLS PLUS

Psychology: Attitudes to keeping fit

Listening skills: Understanding explanations and reasons

Speaking skills: Giving reasons

### 1 SPEAKING



'I should do more exercise.  
I try, but it's such hard work.'

'I eat lots of salad, but I never seem  
to lose weight.'



'I joined a fitness class last month,  
but I stopped after a few classes.  
I'm always too busy!'



- a** Look at the people in the pictures. Think of two tips to give each person and tell your partner.

You could ...

Why don't you ... ?

- b** Are any of these people similar to you? If they are, in what way? If they aren't, how are you different?

### 2 LISTENING



Irina

- a** You will listen to Irina's seminar. The title of the seminar is 'Attitudes to keeping fit'. What do you think the seminar will be about?

- 1 how people feel about keeping fit
- 2 the best way to keep fit
- 3 why it's important to keep fit

- b** 8.1 In her seminar, Irina shows some slides. Look at them and then listen. Number them in order (1–5).

Attitudes to  
keeping fit

1

Attitudes to  
keeping fit:

- 1 'I want to do it.'
- 2 'I have to do it.'

I don't do exercise because ...

- it's hard work.
- it takes too much time.
- you have to do it every day.
- it's boring.

Women aged  
22–49:

Group 1: fit, they do lots  
of exercise

Group 2: unfit, they don't  
do much exercise

I do exercise  
because ...

- I feel relaxed.
- I enjoy it.
- I feel good afterwards.
- I can be with other people.

### STUDY SKILLS: DESIGNING SLIDES

Slides can help us to follow the information when we listen, because they show us the main ideas.

Look at Irina's slides again. Which of these things does she do?

- 1 uses bullet points (•) for lists
- 2 uses a different colour for headings
- 3 underlines key words
- 4 uses a variety of colours
- 5 has a slide for every point she makes
- 6 uses short sentences and phrases

- c** 8.1 Listen again and choose the correct answer **a** or **b**.

- 1 The talk is based on research done in **a** ☐ Britain. **b** ☐ the USA.
- 2 The researchers talked to **a** ☐ men under 30. **b** ☐ women under 50.
- 3 The two groups were **a** ☐ the same. **b** ☐ different.
- 4 The people in the first group had mainly **a** ☐ positive **b** ☐ negative feelings about exercise.
- 5 The people in the second group had mainly **a** ☐ positive **b** ☐ negative feelings about exercise.
- 6 To have a positive attitude, you should do exercise which **a** ☐ helps you get fit quickly **b** ☐ you enjoy.

## d CRITICAL THINKING

### UNDERSTANDING A SPEAKER'S ATTITUDE

Irina describes people's attitude to keeping fit. What about her own attitude? Do you think ... ?

- 1 she just describes research but doesn't give her own opinion about keeping fit
- 2 she believes strongly that everyone should do more exercise and try to keep fit
- 3 she describes different attitudes, but she thinks it's better if people find a good way to get fit

## e Look again at the reasons why people do / don't do exercise in 2b.

- 1 Think of the reasons that are true for you.
- 2 Compare with another student. Did you choose the same reasons?
- 3 What other reasons can you think of (a) to do exercise (b) not to do exercise?

## 3 LANGUAGE FOCUS Giving reasons

### a Look at these examples from the seminar and discuss the questions that follow.

- a What's **the reason for** this?
- b They **gave these reasons why** they did exercise.
- c These women gave **different reasons**.
- d They do it **mainly because** it makes them feel relaxed.
- e If you find it difficult to keep fit, this may be **because of** your attitude.

- 1 What preposition follows the word 'reason'? What other word can follow it?
- 2 What verb goes with 'reason'?
- 3 What adjective can come before 'reason'? Can you think of other words that can go here?
- 4 What adverb can come before 'because'? Can you think of other adverbs that can go with 'because'?
- 5 What's the difference between 'because' and 'because of'?

### b Read the paragraph about running and complete the gaps with words from the box.

because (x2)    for    of    reason    reasons    why

Running is one of the most popular forms of exercise in the world. But what are the <sup>1</sup> \_\_\_\_\_ for this? Probably the main reason <sup>2</sup> \_\_\_\_\_ running is so popular is that you can do it anywhere and you don't need to pay for lots of classes to learn how to do it. All you need is a pair of trainers.

People have many different reasons <sup>3</sup> \_\_\_\_\_ taking up running. Some people run <sup>4</sup> \_\_\_\_\_ they find it relaxing. If you can't relax because <sup>5</sup> \_\_\_\_\_ stress at work, running is a good way to give your mind a rest and become less stressed. Another <sup>6</sup> \_\_\_\_\_ why people run is of course to get fit, because it helps to make your heart, muscles and bones stronger. And other people see it as a way to make friends: most towns or cities have running groups for all sorts of different people and abilities, and <sup>7</sup> \_\_\_\_\_ of this, it's easy to find one that suits you. You can even make your own group with your friends!

## 4 PRONUNCIATION The word some

### a 8.2 Listen to these sentences from the seminar again. Notice how Irina says the word *some* in each sentence.

- a Some people do lots of exercise and they enjoy it.
- b Some researchers in the United Kingdom asked women aged between 22 and 49 how they feel about keeping fit.

Answer the questions. Then listen again to check.

- 1 In which sentence does Irina stress the word 'some'?
- 2 In which sentence does she say it in a very short way ('sm')?
- 3 In which sentence (a or b) does it mean 'some, but not all'?

### b 8.3 Decide how to say *some* in the sentences below. Then listen and check.

- 1 I went for a walk with some friends at the weekend.
- 2 Some fitness exercises are easy, but others are very difficult.
- 3 Some people get up early and go running before work.
- 4 Can I have some more potatoes, please? I'm really hungry.

### c Practise saying the sentences in 4a and 4b.

## 5 SPEAKING

### a Work in groups. Choose one of these topics:

- going on a diet
- learning a foreign language
- running a marathon
- dancing

Think about these questions:

- 1 Why do people do it?
- 2 What different attitudes do people have?
- 3 What is the best way to do it? Think of a few tips.

### b Together:

- 1 prepare to talk about it for a few minutes, and make some notes
- 2 make a few slides with the main points (on a laptop or on a piece of paper)

### c Choose one person from your group to give the talk to the class. Remember to use words for giving reasons.

