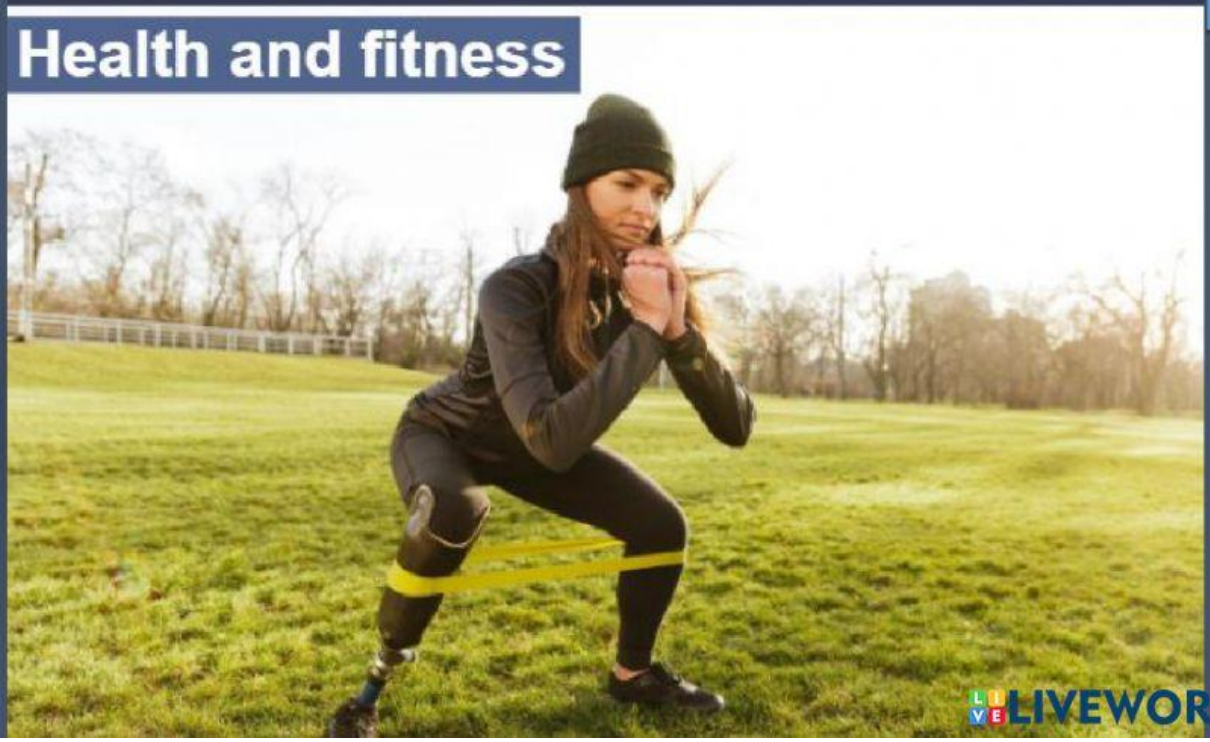
Unit 20 Lesson 4

Health and fitness



LIVEWORKSHEETS

What can you remember?

Complete the sentences without looking at the text.

1. Kyle entered the 'Try a Triathlon' because he wanted to…
2. He could swim well, but…
3. He tried to go for a run, but…
4. He was unfit and never did any exercise, but he decided to…

LIVEWORKSHEETS

However

Look at how we use the word *however*.

You already saw that we can join two different ideas with *but*.

I like apples. I don't like pears. = I like apples, *but* I don't like pears.

We can also start a sentence with *however* when the sentence has a contrasting idea to the previous sentence.

I was very tired and very hungry. *However*, it was 4 am and no restaurant was open.

She didn't go to college. *However*, she became a very successful businesswoman.

If *however* is the first word in the sentence, use a comma afterward.

I didn't like Katie when I met her. However, over time we became good friends.

LIVEWORKSHEETS

Linking sentences

Look at the sentences. Link them with *however*.

1. He trained hard for six months. He couldn't complete the marathon.
2. She worked in Germany for 10 years. She didn't learn to speak German.
3. He had a great time. He didn't know anyone at the party.
4. They were rich and famous. They were unhappy.
5. I left my keys in the house. I couldn't find them anywhere.

LIVEWORKSHEETS

Paragraphs

Look at each paragraph.
What is the main idea in each paragraph?

Which paragraph…

…tells us how he achieved his goal?

…tells us how he improved?

…tells us how he started training?

…tells us about when he was young?

…introduces the idea of the whole article?

1. Last month I participated in 'Try a Triathlon,' and it was one of the best things I've ever done. The event encourages people to start doing more exercise, and I decided to enter it to try and improve my level of fitness. You have to swim 700 feet, cycle 8 miles and walk or run 1 mile.

2. When I was at school, I was always into sports; but when I started university, I put on weight. I wasn't worried about the swimming section because I could still swim quite well. However, the cycling and running sections were a completely different subject!

3. About one month before the triathlon, I decided to go for a bike ride. Eight miles didn't sound very far, and I was confident that I could do it easily. I was in for a shock! After cycling for about two miles, I was exhausted. A few days later I tried going for a run. I ran slowly. However, I could only run for a few minutes before I had to stop. I quickly realised that I was very unfit.

4. I continued cycling and running, and I also started to eat healthy foods. With all the exercise and the healthy food, I found I was sleeping well; and I started to wake up early, full of energy.

5. As time went on I felt better and better. On the day of the triathlon I was confident and ready to participate, and I had lots of fun.

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LIVEWORKSHEETS OFF2CLASS

I can do it too!

Kyle's colleague David decided to do a *Try a Triathlon*.

1. **perfect timing:** the correct time to start an activity

treadmill

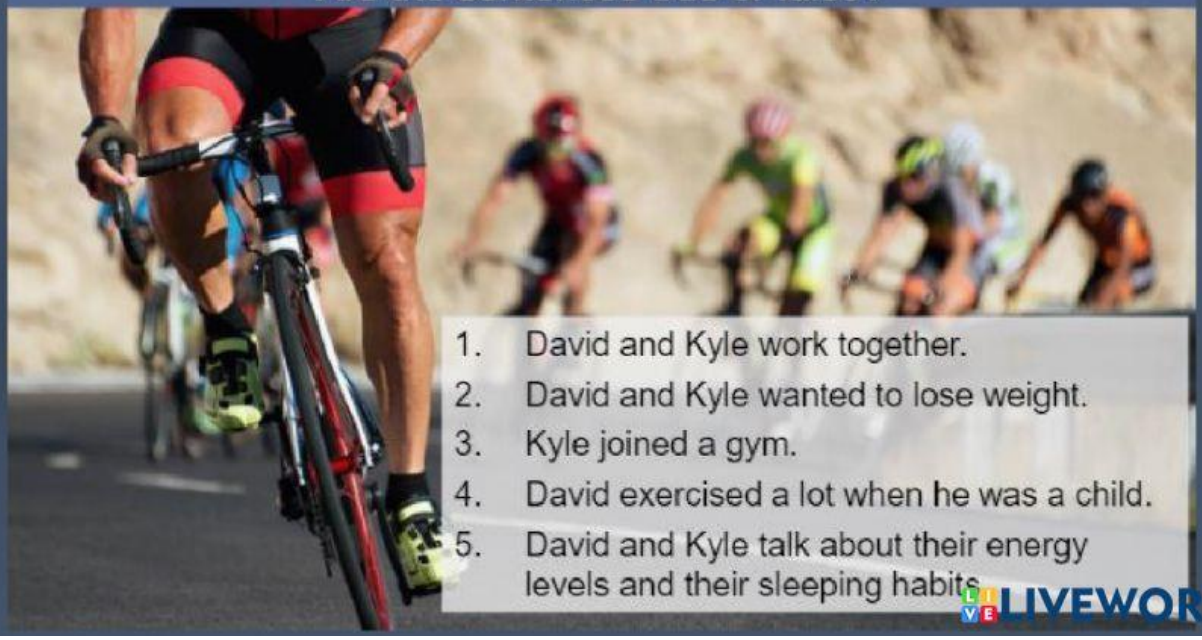
I first got the idea of participating in 'Try a Triathlon' when one of my colleagues at work started talking about it. My doctor had just told me that I needed to lose weight and start doing some exercise, and it seemed like **perfect timing**.

I was overweight, very unfit, and I never did any exercise. **However**, I decided to join a gym. I booked classes with a personal trainer, and she designed a diet and exercise program for me. I started very **slowly**. I just walked on the treadmill every day, but I was still exhausted. However, I began to eat healthy foods, and I noticed that I started to sleep better and feel more energetic when I woke up.

LIVEWORKSHEETS

Kyle and David

What can you remember about Kyle and David?
Are the sentences true or false?



1. David and Kyle work together.
2. David and Kyle wanted to lose weight.
3. Kyle joined a gym.
4. David exercised a lot when he was a child.
5. David and Kyle talk about their energy levels and their sleeping habits.

LIVEWORKSHEETS

Discuss your ideas

Before you write, think about the following things.

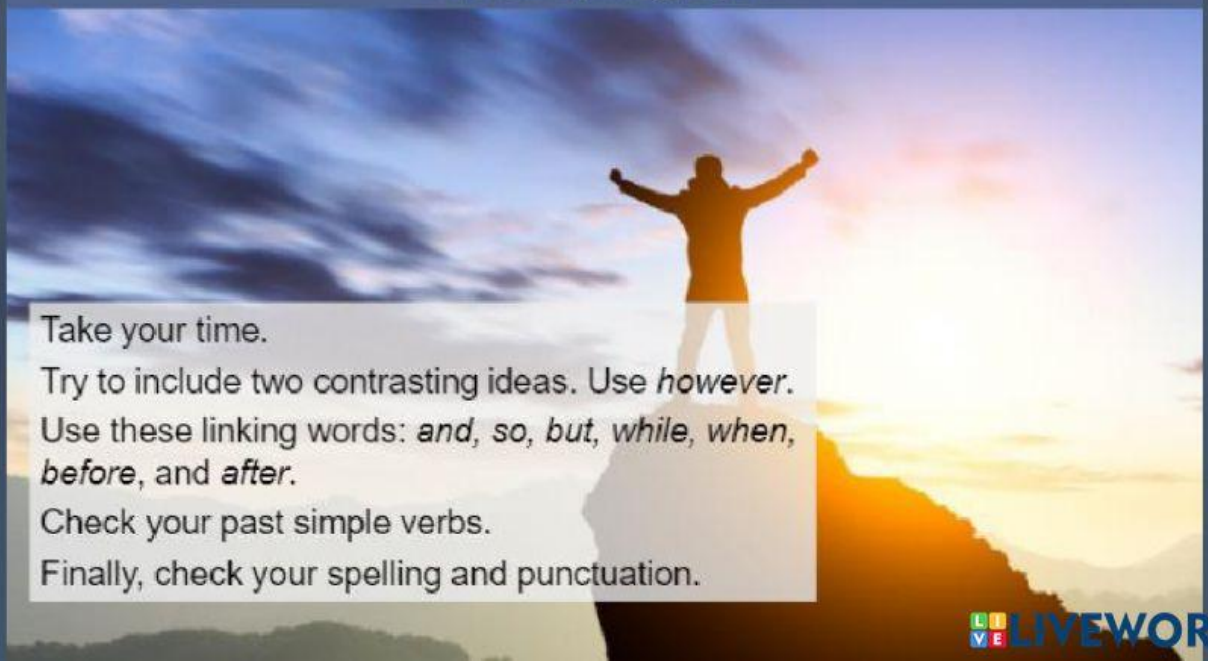
Discuss these things:

- [x] how this achievement relates to your past
- [ ] information about doing this activity
- [ ] the changes that you made to reach your achievement
- [ ] how you felt when you reached your goal

LIVEWORKSHEETS

Time to write

Write a paragraph.



Take your time.

Try to include two contrasting ideas. Use *however*.

Use these linking words: *and, so, but, while, when, before*, and *after*.

Check your past simple verbs.

Finally, check your spelling and punctuation.

LIVEWORKSHEETS