

1 | Vocabulary

A Look at some things you can do at home to keep healthy and fit. Check (✓) the things you do to keep fit.

___ climb stairs	___ dance to music	___ walk around the neighborhood
___ ride a bike	___ jump up and down	___ follow a workout video
___ do chores	___ play an active video game	___ rearrange the furniture

 **B PAIR WORK** Tell your partner what you do to keep healthy and fit.

Example:

A: I climb the stairs to keep healthy.

B: That's a great idea. I dance to music.

A: Me too! It's fun and a great way to exercise.

2 | Conversation

CD1 24 **A** Listen. What does Luisa think Alex should do? What does she think he shouldn't do?

Alex: I've been so tired lately. I never seem to have enough energy.

Should I join a gym?

Luisa: Gyms can be expensive. There are simple ways to exercise
at home.

Alex: Like what?

Luisa: If I were you, I'd climb the stairs or dance to music.

You should do something active that you enjoy.

Are you getting enough sleep?

Alex: Sure. I sleep about ten hours a day.

Luisa: That's too much. Getting too much sleep can make
you feel tired. You should try to sleep eight hours a day.



 **B PAIR WORK** Practice the conversation.

CD1 25 **C** Listen. Write the two extra sentences you hear in the conversation. Practice the new conversation.

3 | Language Booster

A Notice the different ways we ask for and give advice.

Asking for advice

What should I do?

What do you think I should do?

Should I join a gym?

Giving advice

I think you should exercise more.

If I were you, I'd climb stairs.

I don't think you should join a gym.

You shouldn't join a gym.

B **PAIR WORK** Take turns choosing a situation below and giving advice.

You want a healthier diet. You have difficulty waking up.

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4 | Pronunciation Syllables

CD1 26 **A** Listen and practice. Notice the number of syllables in these words.

One syllable	Two syllables	Three syllables	Four syllables
chores	music	furniture	conversation
stairs	fitness	video	exercises

CD1 27 **B** Listen. How many syllables do you hear? Write the number.

a. healthier c. shouldn't e. considering g. marathon
 b. chores d. difficulty f. sleep h. active

C **PAIR WORK** Practice the words in part B. Take turns making sentences with the words.

ONLINE PRACTICE 

SPEAK with CONFIDENCE

A **PAIR WORK** Imagine you want to do the things below. Take turns asking for and giving advice.

cut caffeine from your diet	have less stress in your life
get enough sleep	eat less sugar
watch less TV	spend less money



B **GROUP WORK** Join another pair and compare your advice. Who has the best advice for each situation?