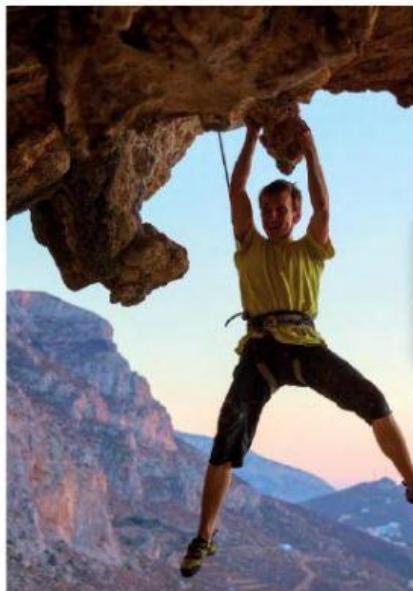


Living dangerously

8

- **Grammar** *have to/don't have to, should/must*
- **Vocabulary** Parts of the body, things to wear
- **Everyday English** At the doctor's

- **Reading** Two stuntwomen and a stuntman
- **Listening** A health and fitness quiz
- **Writing** Writing emails



- 1 What is the man doing? Would you like to do it?
- 2 Why do some people like doing dangerous things?
- 3 Give some examples of things people do that are dangerous.

► Grammar *have to/don't have to*

Which of these activities do you think are the most dangerous and which least? Discuss as a class.

boxing horse-riding motor racing
cycling gymnastics mountaineering
skateboarding skiing surfing yoga

The big wave surfer!

8.1 Kurt Weiner is a big wave surfer from the island of Oahu, Hawaii. Listen and answer the questions.

- 1 Why does Kurt do yoga?
- 2 How long can he hold his breath?
- 3 When did he start surfing?
- 4 What does he do at Three Tables Caves?
- 5 Has he travelled a lot to surf? Where?
- 6 What is the Banzai Pipeline?





Listen again and complete the lines from the interview

have to (x2) don't have to (x2) do you have to (x2)
had to did you have to can't

- 1 Kurt, do you have to be very fit and strong to be a big wave surfer?
- 2 You _____ be strong in mind and body.
- 3 You _____ learn to hold your breath.
- 4 That was one of the first things I _____ learn.
- 5 Kurt, _____ start surfing when you were very young to be as good as you are today?
- 6 I _____ remember when I didn't surf.
- 7 So, _____ start young if you want to be a good surfer?
- 8 You _____, but it helps!
- 9 I _____ train every day, but I do most days.

Complete the following questions, use the forms *have to*

- 1 'Does Kurt have to train hard?'
'Yes, he _____. He _____ train very hard.'
- 2 'Why does Kurt do yoga?'
'Because surfers _____ hold their breath for a long time.'
- 3 '_____ all surfers _____ start young?'
'No, they _____, but it helps.'

8.4 Listen to these sentences. What are the different pronunciations of *have/has/had*?

I have /hæv/ a good job.

I have /hæf/ to work hard.

He has /hæz/ a new surfboard.

He has /hæs/ to train a lot.

We had /hæd/ a good time.

We had /hæt/ to get up early.

Complete the sentences with *have to* in the correct tense and form.

- 1 What time do we have to be at the match?
- 2 My sister _____ wear a uniform because she's a flight attendant.
- 3 My grandfather is 68. He _____ work, but he wants to.
- 4 You _____ say anything if you don't want to.
- 5 Why _____ you _____ get up so early yesterday?
- 6 Our plane left at 8 a.m., so we _____ be at the airport at 6 a.m.
- 7 _____ we _____ do this exercise? It's really boring.



What should I do? *should/must*

Do you think you have a healthy lifestyle?
How do you keep fit? Do you play sports or do exercises? How often – regularly, sometimes, never? Talk to a partner.

Read the problems sent to **Dr Drew**. Explain the headings. What advice would *you* give?

Ask Dr Drew!

DR DINAH DREW: drddrew@fitforum.com

'I can help you keep fit and well.'



Problems

1 Too busy to exercise!

My wife says I'm putting on weight and I should do more exercise (She's super fit – she's just done the Marathon!), but I just don't have the time. I have a very stressful job, and I have to travel a lot. How can I possibly find time to have a fitness routine? What should I do? *James*

2 I get bored doing exercises!

I do exercise – I understand how important it is, but I get so bored. I tried swimming, but just going up and down a pool is so boring! I tried going to the gym – but walking on the spot so depressing! I bought an exercise DVD, but I only used it once. What should I do? *Cheryl*

3 I sprained my ankle badly

I'm a keen 'keep-fitter', but this morning when I was out running I fell and hurt my ankle. I think it's just a sprain, but quite a bad one. I want some advice about what kind of exercises I should do while I'm injured. I can't even walk very well at the moment. *Adam*

4 No time for fun!

I'm 15, and I do gymnastics. I have to train 30 hours a week because my coach wants me to try for the next Olympics. I love gymnastics, but I have no time for anything else in my life. My school friends tell me that I'm missing all the fun. What should I do? *Millie*

Match Dr Drew's advice with a problem. Write the names.

Advice from Dr Drew

a Dear _____

Before you do any more exercise you must see a doctor! You must find out how serious your injury is. If it's not too bad, then you should do gentle exercises at first, perhaps some exercises in water, a little swimming perhaps, or join a yoga class.

b Dear _____

The fact is, that to get to the top in sport you have to train very hard and keep very fit. This could be the chance of a lifetime. I don't think you should talk to just your friends. You must talk to someone else about how you feel, and this should be your parents or your coach.

c Dear _____

You should make exercise a part of your daily life – you shouldn't sit at your desk all day. Perhaps there is a gym near where you work – keep some sports clothes at work and go there for just 15 minutes in your lunch break when you can. You don't have to exercise for long periods, just ten minutes every now and then helps.

d Dear _____

Oh dear! I think you should try a different kind of exercise. I don't think you should exercise alone. It can help if you do it with other people – what about a sport, such as tennis, or perhaps dancing? There are all kinds of dance classes – you're sure to find one you like.

Practice Giving advice

Give advice to people with their problems

- I'm hopeless at all sports.

You shouldn't worry about it. Lots of people aren't sporty, but you should make some exercise part of your daily routine – walking more quickly can help.

- I can't sleep at night.
- I don't like my brother's new girlfriend.
- I've got an important exam tomorrow, and I'm really nervous.
- A boy in my class is bullying me.
- I fell off my bike and banged my head – now I've got a bad headache.
- My computer's behaving very strangely.
- My car's making a funny noise.

8.6 Listen and compare your answers.

What do you think?

Make the sentences and express your opinion

If you want to ...

**... keep fit,
... learn English,
... be successful,**

you have to
you don't have to
you should
you shouldn't
you must
you mustn't

work hard.
do some sport.
learn the grammar.
go to university.
spend time in England.
smoke.
speak your language in class.

A trip to your country

Someone wants to come for a holiday to your country.

What advice can you give about ... ?

- when to come
- where to stay
- places to visit
- things to do/not to do
- clothes to bring
- food to eat ... etc.



You should come in May or June when it's not too hot.

You don't have to ...

You must try ...

Listening and speaking

A health and fitness quiz

Read the statements about health. Are they true (✓) or false (✗)? Discuss them with a partner and then as a class.



A health quiz

- 1 You shouldn't skip breakfast.
- 2 You should weigh yourself regularly.
- 3 You must always warm up before hard exercise and cool down after.
- 4 Swimming is one of the best forms of exercise you can do.
- 5 You should do 30 minutes continuous activity rather than 10 minutes 3 times a day.
- 6 You should always exercise until it hurts – no pain no gain!
- 7 If you want to lose weight, you should drink water after a meal.
- 8 If you don't feel full after a meal, you should wait 15 minutes and see how you feel then.
- 9 You should always choose water over other drinks to rehydrate after exercising.
- 10 It's better to exercise in the morning rather than the afternoon or night.

8.7 Listen to the answers. Whose ideas were correct? Do you agree with all the advice? If not, why not?

Tell about your typical day

- What do you eat and drink? When? Do you think you have a healthy diet?
- Do you sleep well? How many hours a night? Enough? Too much/little?
- Do you fit any exercise into your day? What? When?
- How much 'screen time' fills your day? What exactly?