I always wanted to be a hairdresser.
David Beckham, British football player

8A Looking after yourself

1 VOCABULARY
looking after yourself

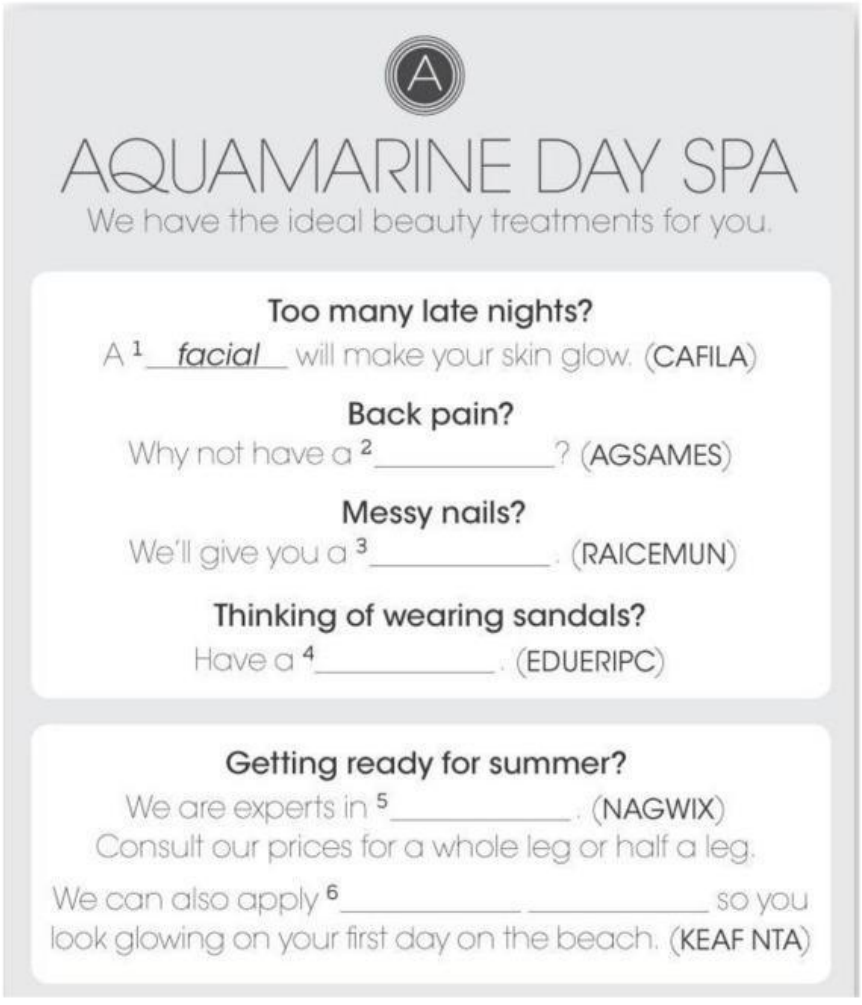
a Look at the photos and complete the sentences.

1 He's doing sp*inning*.
2 He's l_____ w_____.
3 He's doing s_____ u_____.

LIVEWORKSHEETS

4 He's doing pr_____ u_____.
5 She's using a r_____ m_____.
6 They're using cr_____ tr_____.
7 They're doing a_____.
8 She's doing P_____.
9 She's str_____.

b Unscramble the words to form beauty treatments. Then complete the advert.



LIVEWORKSHEETS

2 READING

a Read the article once. Which age groups were found to be…

1 the most health-conscious? ___
2 the least health-conscious? ___

A 18–29s
B 30–39s
C 40–49s
D 50–59s

b Read the article again. Mark the sentences **T** (true) or **F** (false).

1 Adults of different ages took part in the Gym Group study. *T*
2 Over 50% of adults aged 18–29 said they didn't eat enough healthy food. ___
3 People in the older groups said that they felt healthiest at the age of 29. ___
4 Very few of the adults aged 18–29 were prepared to do anything to lead a healthier lifestyle. ___
5 Adults in their fifties smoked more than those in their forties. ___
6 20% of adults in their thirties said they did exercise four or five times a week. ___
7 People often start leading a healthier lifestyle when their children tell them to. ___
8 The best time to start making your lifestyle healthier is in your early thirties. ___

LIVEWORKSHEETS

THE MOST HEALTH-CONSCIOUS AGE

A study of 2,000 adults in the UK has been able to determine at which age British people are most conscious about their health. The survey was commissioned by the Gym Group in order to find out the profile of potential customers. The adults in the study were divided into groups according to their age and each person was given a questionnaire. The data was analyzed, and the results of the study have just been published.

Adults aged 18–29 were found to be the least health-conscious of all the groups. Many of them admitted that they did not get enough exercise, and more than half claimed to not eat enough healthy food. Of all the groups, they were the least likely to eat enough fruit and vegetables. Instead, they preferred takeaway food, with a quarter having two takeaways a week. Adults in their thirties, forties, and fifties agreed with this finding, stating that they felt least healthy aged 29.

What is more, only 15 per cent of adults in their twenties said they wanted to do something to change their unhealthy lifestyle.

However, it was not only the youngest participants in the study that owned up to bad habits; adults in their forties also revealed their vices. The results showed that they were the heaviest smokers, followed by those in their fifties. And forty-somethings were also shown to be the heaviest drinkers, with the average 40–49 year old consuming nine units of alcohol a week.

LIVEWORKSHEETS

So which age group was the healthiest? The study found that it was people in their thirties. The 30–39 age group was found to exercise most frequently, with one in five visiting a local gym or sports club four to five times a week. In addition to being fitter than the other groups, adults in their thirties also said that they consumed a balanced diet. When asked the main reason for wanting to keep in shape, a quarter of them said it was because of starting a family.

A spokesperson for the Gym Group said that people seemed to have a wake-up call about healthy living when they started approaching middle age. She explained that you can get away with not doing as much exercise, having late nights, and eating too much junk food when you are in your twenties. But as you pass your 30th birthday, people tend to put on weight, and it isn't as easy to spend all night partying. She added that this was the ideal age to address your lifestyle and to question your fitness levels and diet.

c Match the highlighted words in the text to the definitions below.

1 stay physically fit _____
2 ate the correct amount of each food type _____
3 knowing that your health is important _____
4 something which makes people realize that they have a problem _____
5 possible in the future _____
6 bad habits _____
7 the most improbable _____
8 formally requested (a piece of work) _____
9 admitted doing something wrong _____
10 people in their forties _____

LIVEWORKSHEETS

3 GRAMMAR *have something done*

a Circle the correct answer.

1 A Can you take my suit to the dry cleaner's tomorrow?

B But you only *cleaned it* / *had it cleaned* last month!

A I know, but I got oil on it yesterday.

2 A I'm going to *cut my hair* / *have my hair cut* this afternoon.

B Which hairdresser's do you go to?

A Andrew's in the high street. He's very good.

3 A *We're fitting a new bathroom* / *We're having a new bathroom fitted* at the moment.

B Who's doing the work for you?

A We're doing it ourselves. My husband is a plumber.

4 A I can't read this menu. The letters are too small.

B You should *test your eyes* / *have your eyes tested*.

A You're right. Do you know any good opticians?

5 A I went to the supermarket this morning.

B Did you *deliver the shopping* / *have the shopping delivered*?

A Yes. They brought it just before lunch.

LIVEWORKSHEETS

6 A We're going to *paint the living room | have the living room painted* next week.
B Are you going to do it yourself?
A Yes, my husband and I will do it. We can't afford to pay someone to do it.

7 A These are great photos.
B Yes. Let's *make some prints | have some prints made.*
A Good idea. I'll copy them onto a CD and take it to the photo shop tomorrow.

b Complete the sentences with the correct form of *have something done.*

1 I'm staying with my in-laws because I'*m having my flat redecorated*. (my flat / redecorate)
2 I got a new passport last week, so I had to _____ professionally. (my photo / take)
3 How often _____ you _____ at the hairdresser's? (your hair / dye)
4 They _____ before the journey, and they broke down on the way. (their car / not service)
5 My neighbour has lost her keys, so she needs to _____. (the locks / change)
6 _____ you _____ or did you buy a new one? (your TV / repair)
7 I _____ never _____. I don't believe in fortune-telling. (my fortune / tell)
8 My boyfriend _____ twice a month at the local garage. (his car / wash)

LIVEWORKSHEETS

5 VOCABULARY at the hairdresser's

Complete the sentences.

blow dry	dyed	~~fringe~~	highlights	parting
ponytail	straightened	trim		

1 Jo's hair gets in her eyes because her *fringe* is too long.
2 My mother-in-law likes to look smart, so she has a _____ once a week.
3 I have blonde _____ done every two or three months.
4 I think her husband's had his hair _____. It used to be almost grey, but now it's dark brown again.
5 My dad combs his hair with a _____ to one side.
6 I didn't want my hair cut too much, so I only had a _____.
7 She ties her hair back in a _____ when she's playing tennis, so that it won't get in the way.
8 My hair's naturally curly, but I often have it _____ when I go to the hairdresser's.

6 LISTENING

a iChecker Listen to a radio programme about five affordable spa holidays. Match the holiday resorts with the countries.

1 Maya Tulum Retreat & Spa	☐ Slovenia
2 Spa Eastman	☐ South Africa
3 Lasko Thermal Spa Resort	☐ Greece
4 Museum Spa Wellness Hotel	☐ Canada
5 Fordoun Hotel & Spa	☐ Mexico

LIVEWORKSHEETS

b Listen again and complete the table.

Resort	Main attraction
Maya Tulum Retreat & Spa	the [1]_____ of the resort
Spa Eastman	therapies involving different [2]_____
Lasko Thermal Spa Resort	traditional Hindu [3]_____
Museum Spa Wellness Hotel	the historical [4]_____
Fordoun Hotel & Spa	the [5]_____ rooms

LIVEWORKSHEETS