

PRE-LISTENING

There are some vocabularies that will appear on the recording. Let's guess the meaning of each vocabulary by dragging its meaning equivalent to the vocabulary.

Sort elements

the act of discussing something with somebody or with a group of people before making a decision about it

very much; completely

cruel, severe and unkind

to train the body by physical exercise

able to make good judgements based on reason and experience rather than emotion; practical

work out (phrasal verb):	
thoroughly (adv):	
consultation (noun):	
sensible (adj):	
harsh (adj):	

Write NO MORE THAN THREE WORDS OR A NUMBER for each answer

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Question 11: What does the centre provide first?

Question 12: What is important to control?

Question 13: What will be used to assess member's fitness level?

Question 14: How often is the exercise schedule reviewed?

Question 15: How many exercise programs are available?

VOCABULARY PRACTICE

Let's listen to the recording again and fill in blanks below

Hello 1 _____, and 2 _____ to the "Fit for Life" Health Centre - a 3 _____ which, as the name 4 _____, is not just for short-term 5 _____, but rather, 6 _____ to put you on a 7 _____ and 8 _____ looking for the rest of your life. And that's how we're different. For example, we could 9 _____ put you on a 10 _____ exercise program, expecting you to 11 _____ day, but such a plan would see you quickly 12 _____ interest. That's why the 13 _____ step is a one-and-a-half-hour 14 _____, in which your lifestyle, current situation, and long-term 15 _____, are all 16 _____ analysed.

Now, an important part of this consultation 17 _____ analysing what you eat. There's no point exercising here, and losing 18 _____, then pulling it all back on, later. You will need to show self-control and 19 _____ in your diet, and we'll work on that. Similarly, we'll put you on an exercise 20 _____ suitable for your level of fitness, so that will involve a test, where we will take you through some activities, then 21 _____ your heart rate and blood pressure to determine how fit you are. This will be 22 _____ during every 23 _____ consultation, along with your exercise schedule, and that occurs monthly, and not half-yearly, as with many other centres.

As to our actual exercise machines and programs, you will have to decide whether it is muscle mass, 24 _____, or general fitness, that you want to develop. Think about which of these three you want to target, and we'll 25 _____ a specific program for you - but remember, bulging muscles aren't 26 _____ suitable for everyone. Sometimes it's better to think in terms of two simple concepts: muscle definition and stamina; or, if you are female, being fit and healthy, in both 27 _____ and body.

