

5 Video Power

Vox pops

1 Complete the sentences.

- Leading a healthy lifestyle is all about ...
- The best way to stay fit is to ...
- Unhealthy lifestyles result in ...

2 Watch the video. Do sections 1 and 2.

Do you think you have a healthy lifestyle? Why?

1 Are the sentences true (T) or false (F)?

Correct the false sentences.

- | | | |
|--|---|---|
| 1 Sarah mentions a good diet and regular exercise. | T | F |
| 2 Alex needs to eat a lot because of his job. | T | F |
| 3 Andre is keen to stay healthy for many years to come. | T | F |
| 4 Rupert's lifestyle involves frequent exercise and good food. | T | F |
| 5 Angela exercises a lot and eats a lot. | T | F |



What kinds of things do you do to stay fit?

2a Circle the correct answers to complete the sentences.

- 1 Sarah believes that *she has enough time to take up another sport / the activities she does already are very time-consuming.*
- 2 Alex believes in concentrating *purely on his physical well-being / on maintaining good personal relationships as well as a healthy body* in order to remain fit and well.
- 3 Andre believes that *paying attention to what he eats and doing regular exercise / focusing on exercise rather than diet* is the key to leading a healthy life.
- 4 Rupert is *not only interested in martial arts / only interested in martial arts-based activities.*
- 5 Angela *goes on walking and swimming holidays to stay fit / keeps fit so that she can go on walking and skiing holidays.*

2b Work with a partner. Note all of the sports and activities the speakers mentioned. Compare with another pair.

3 Work in small groups. Discuss which of the activities listed in exercise 2b you already do/you'd like to take up/you'd never try.