

Vox pops

- 1 Work with a partner. What answers can you give to these questions?
 - How do you keep fit?
 - What should you do to stay healthy?

- 2 Watch the video. Do sections 1, 2 and 3.

How do you keep fit?

- 1 Decide if the sentences are true (T) or false (F).

1 Tony plays football twice a week.	T	F
2 Charlotte does exercise classes in the evenings.	T	F
3 Alastair cycles to work every day.	T	F
4 Rosie likes to swim and to dance.	T	F
5 Alan walks to work and eats healthily.	T	F



What should you do to stay healthy?

- 2 Choose the correct answer.
 - 1 Tony thinks you should eat ...
 - a less vegetables.
 - b fresh vegetables.
 - 2 Charlotte thinks people should ...
 - a do exercise every day.
 - b do exercise a few times a week.
 - 3 Alastair thinks people should ...
 - a walk wherever you can.
 - b go to the gym.
 - 4 Rosie thinks people should ...
 - a walk to the shops.
 - b go to the gym.
 - 5 Alan thinks people should ...
 - a not eat too much fat.
 - b not eat any fat.
- 3 How many of your ideas from exercise 1 do the speakers talk about?

- 3 Work with a new partner and do the task.

Your workplace/college wants employees/students to be healthier. Think of three ideas that could help people to be healthy at work or college, e.g. *walk or ride a bike to work/college*. Share your ideas and design a leaflet or email message.