



## VOCABULARY

### HEALTH

- ✓ **1 A** Look at the words/phrases in the box. Are these things good (+) or bad (-) for your health?

junk food   exercise classes   fizzy drinks   fresh fruit/vegetables  
stress/worrying   alcohol   vitamins   running   caffeine   relaxing

- ✓ **B** Work in pairs and compare your ideas. Group the vocabulary under the following headings: *food/drink, exercise, general habits*. Can you add any more words/phrases to each group?

**C** Work in pairs and take turns. Ask and answer the questions.

- 1 What do you do to keep fit and healthy?
- 2 Do you do anything which is not healthy?

*A: What do you do to keep fit and healthy?*

*B: I eat lots of fruit. How about you?*

*A: I cycle to work every day.*

## READING

- ✓ **2 A** Discuss. What sports can you see in the pictures? Do you know anything about these sports?

**B** Read the text to find out more information about each sport. Which of the sports would you like to try? Why?/Why not?

- ✓ **C** Work in pairs. Answer the questions.

- 1 According to the article, why is exercise good for you?
- 2 Why is Towerrunning popular in Asian cities?
- 3 How is PILOXING® similar to other sports?
- 4 When is a good time to go paddle boarding? Why?

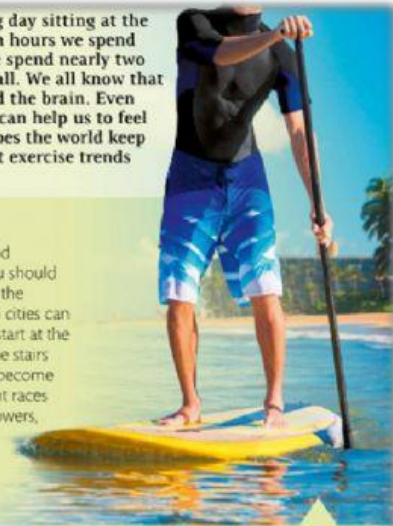
# Get moving!

A lot of us spend most of our working day sitting at the computer. If you add this to the seven hours we spend sleeping, we could easily find that we spend nearly two thirds of our day without moving at all. We all know that exercise is good for both the body and the brain. Even a short amount of exercise every day can help us to feel happier and more relaxed. So, how does the world keep fit? We've looked at some of the latest exercise trends from around the world.



## TOWERRUNNING China

Have you ever worked in an office block and wondered how you can get fit? Perhaps you should try Towerrunning. It's a sport you can do in the skyscrapers of almost any big city, but Asian cities can be particularly good. All you need to do is start at the bottom of an office tower, and run up all the stairs until you get to the top. Towerrunning has become popular all around the world with important races taking place in some of the world's tallest towers, like Taipei 101, the Empire State Building in New York, and the China World Trade Centre, Beijing.



## PILOXING® USA

If you enjoy dance classes like Zumba, but you also want to get rid of your anger, then PILOXING® might be for you. PILOXING® started in the USA, but has travelled quickly to countries like the UK. The sport is a mixture between boxing, pilates and dance. PILOXING® uses the power and speed of boxing, whilst building your muscles and strength with pilates. All of this happens to non-stop loud music, and you learn some great dance moves too.



## PADDLE BOARDING Brazil

When it comes to the end of a long day, what could be better than a paddle board on the ocean? It might look easy, but paddle boarding is a tough sport. You need to be strong to keep your balance. However, if you bring your board down to the water at golden hour just before sunset, the water is calm and the ocean will make you forget all your problems.

**C** Complete the table with the phrases in the box.

2005   ages   July   a long time   Saturday  
I left university   two weeks/months/years   2p.m.  
last night   an hour or two  
I was a child/teenager

for	since
ages	2005

**4 A** Complete the sentences using the verbs in brackets and adding *for/since* as appropriate.

- 1 I \_\_\_\_\_ (do) karate \_\_\_\_\_ I was a child.
- 2 I \_\_\_\_\_ (have) this phone \_\_\_\_\_ two months.
- 3 I \_\_\_\_\_ (know) Marcia \_\_\_\_\_ I was at school.
- 4 We \_\_\_\_\_ (live) in this town/city \_\_\_\_\_ ten years.
- 5 I \_\_\_\_\_ (want) to buy a new car \_\_\_\_\_ a long time.

✓ ? A Write questions for each topic beginning  
Do you ...? and How long have you ...?

### home

Do you ...?  
live in the city centre?

How long have you ...?  
lived there?

### hobbies/sport

Do you ...?

How long have you ...?

### things you have (possessions)

Do you ...?

How long have you ...?



### work/study/ school



Do you ...?

How long have you ...?