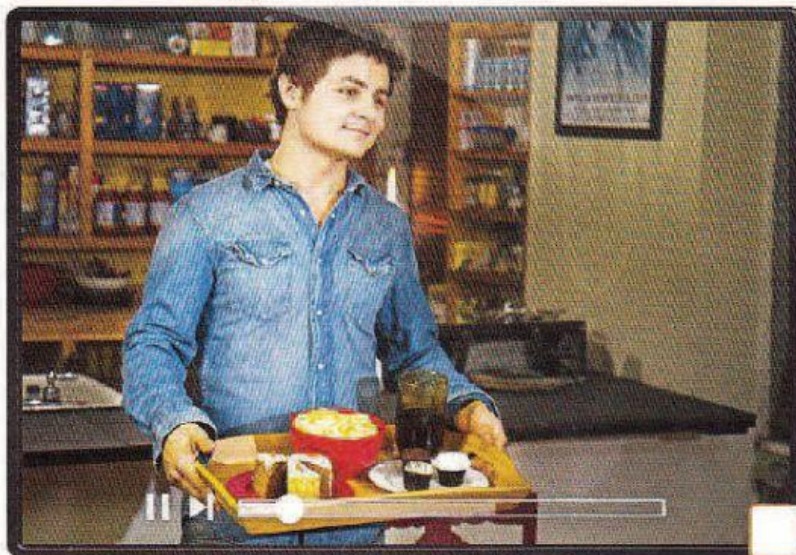


1 | Preview

PAIR WORK Eric is not very fit. What advice do you think his doctor gave him? Check (✓) your guesses. Then compare with a partner.



- ___ 1. eat more vegetables
- ___ 2. drink less coffee
- ___ 3. take vitamins
- ___ 4. exercise every day
- ___ 5. play a sport
- ___ 6. see a doctor regularly
- ___ 7. do not eat any meat
- ___ 8. drink more juice

2 | Practice

A Watch the video. What advice did the doctor give Eric? Did you guess correctly?

B Watch the video again. Circle the correct answers to the questions.

1. When was Eric's doctor's appointment?
 - a. last month
 - b. yesterday
 - c. last week
2. What does the doctor want Eric to do?
 - a. change his diet
 - b. go on a diet
 - c. eat more meals
3. What does the doctor say is a good idea to stay fit?
 - a. eat fewer vegetables
 - b. give up meat
 - c. stop drinking coffee
4. How often does Eric bowl?
 - a. four times a week
 - b. every day
 - c. on the weekends
5. Where does Eric play tennis?
 - a. at the park
 - b. at home
 - c. at the gym

3 | Discuss

GROUP WORK Answer the questions.

1. What advice would you give someone who wanted to be more fit?
2. Do you have a healthy diet? Is there anything you should eat more of or less of?
3. What do you think of active video games? Have you ever played them? Do you consider them exercise?