

UNIT 6: YOU SHOULD TRY IT!

LISTENING

A. BEFORE YOU LISTEN. Look at these activities. How can they keep you healthy?



meditation



table tennis



tai chi

B. Listen to people talking about their lifestyles. Choose TRUE or FALSE.

- | | True | False |
|---------------------------------|--------------------------|--------------------------|
| 1. Brian works with computers. | ☐ | ☐ |
| 2. He walks to work every day. | ☐ | ☐ |
| 3. He only eats pizza. | ☐ | ☐ |
| 4. Erin doesn't enjoy her work. | ☐ | ☐ |
| 5. She does tai chi to relax. | ☐ | ☐ |
| 6. She usually cooks at home. | ☐ | ☐ |



C. Listen again and complete the advice. Who is the advice for? Write *B* (Brian), *E* (Erin), or *BO* (both).

- You should get some exercise. B
- You _____ drive everywhere. _____
- You _____ eat so much fast food. _____
- You _____ cook fresh food. _____
- You _____ drink so much soda. _____



Listening PLUS. Listen to more of Brian and Erin. Choose the correct answer.

1. Erin wants to talk to Brian because _____.
 - a. she thinks she knows him
 - b. she saw him earlier
2. Erin is drinking something and Brian _____.
 - a. wants to try it
 - b. doesn't like it
3. Erin and Brian _____.
 - a. both drink a lot of soda
 - b. are both drinking coffee
4. Brian's idea of exercise is _____.
 - a. walking to his car
 - b. driving to the gym
5. Erin thinks that Brian should _____.
 - a. walk to the gym every day
 - b. walk to the gym sometimes
6. Erin and Brian want to _____.
 - a. change their lifestyles
 - b. change their lifestyles immediately

READING

Are you a stressed-out student?
You can beat it with our **FIVE-POINT ACTION PLAN!**

1 _____

Some people are OK with three or four hours of sleep a night, but most people aren't. You should try to sleep eight hours a night. If you can't, then take a nap in the afternoon. Sleeping too long isn't good, either. **Sleep in** on the weekend, but you shouldn't stay in bed all day!

2 _____

Students often gain weight because they eat a lot of **junk food** and also because they eat late at night. Bad idea! You should try to eat your evening meal early and have healthy snacks, like fruit. You should also try to drink a liter of water a day—at least—and **avoid** soda. Finally, don't skip breakfast. It's the most important meal of the day! You don't have to eat a big breakfast, but you should eat something.

3 _____

Sometimes you have to stop what you're doing. **Take a break**. Turn off the TV or computer, walk around the room, and breathe deeply. You should do this several times a day. And once a week, take a walk in a park or in the woods. Look at the trees and smell the flowers!

4 _____

Walk as much as you can. Walking is the best way to **stay in shape**. Or get a bicycle, but remember that riding a bike can be dangerous. You should always wear a helmet and bright clothes. Never ride without them!

5 _____

Do you have a gym nearby? You should use it. You don't have to exercise every day, but you should do some aerobic activity three to five times a week. Thirty minutes a day is enough. Remember: you can review for a test and jog on a **treadmill** at the same time.



ONLINE
PRACTICE

A. Read the text. Choose the best title for each section. Which one can't you use?

- | | | |
|-----------------|-----------------|------------------------|
| a. Get exercise | c. Do yoga | e. Stop and get away |
| b. Walk or bike | d. Sleep or nap | f. Eat and drink right |

B. Read the sentences. What do they mean?

- | | |
|--|--------------------------------|
| 1. ... <i>most people aren't</i> . (par. 1) | What aren't most people? _____ |
| 2. <i>Bad idea!</i> (par. 2) | What's the bad idea? _____ |
| 3. <i>Never ride without them!</i> (par. 4) | Without what? _____ |
| 4. <i>Thirty minutes a day is enough.</i> (par. 5) | Enough what? _____ |

WRITING

Read this email. Imagine you have recently started taking a class.
Write an email telling a friend what you have learned.

● ● ●

From: melissa@gmail.com

Subject: Yoga

I took my first yoga class today—and I've already learned a lot!

The first thing I learned is that you should arrive early for class. Everyone in the class got there before I did. By the time I got there, there wasn't much space for me or my mat!

I also found out the hard way that you shouldn't eat right before class. I had a big meal an hour before the class, and I was in pain! Believe me, it's hard to stretch with a very full stomach!

At the end of the class, I got up right away to thank the teacher. I guess you shouldn't do that. She told me that I should close my eyes, breathe deeply, and relax.

I also learned that you don't have to do everything. If something is too difficult, don't do it! Yoga is great. I'm sure I'm going to enjoy it—when my knee stops hurting!

