Fitness & Healthy Habits

Giving Advice · Collocations · Word Families · Writing

01 Grammar — Upgrade the Advice

Rewrite the sentences using the structure in brackets. Keep the original meaning.

1. You should start with short workouts. **(recommend + -ing)**
2. You should choose an activity you enjoy. **(suggest + -ing)**
3. You should reduce the intensity of your workouts. **(might want to)**
4. You should try Pilates to improve your flexibility. **(It's worth + -ing)**
5. You should focus on consistency rather than intensity. **(If I were you, I'd...)**

02 Vocabulary — Word Families

Complete each sentence with the correct form of the word in brackets.

1. Regular exercise can help you build _____. (strong)
2. Pilates can improve your _____. (flexible)
3. It's important to stay _____ even when you're busy. (activity)
4. You can make gradual _____ if you exercise consistently. (improve)
5. Finding an activity you enjoy can help you stay _____. (motivation)
6. _____ matters more than doing one extremely difficult workout. (consistent)

03 Writing — Advice From a Former Trainer

Write 100–120 words.

Why do people struggle to stick to a fitness routine, and what can they do about it?

Imagine you're giving advice to someone who starts exercising but gives up after a few weeks.

Include: 3 different advice structures; 4 fitness collocations (build strength, improve flexibility, stick to a routine, make gradual progress, stay physically active); 2 expressions from Lifestyle (make time for, cut down on, recharge, unwind, set boundaries); and 2 words from Task 2.

Bonus: Include one example based on your experience as a fitness trainer.

HOMEWORK 07 LIVEWORKSHEETS