

ARE YOU DOING ANYTHING TO STAY HEALTHY?

Present Simple vs Present Continuous

A. Listen and read to the on-the-street interviews. Who do you think has a healthy lifestyle? Why?

"Well, I generally don't eat a lot of junk food, and I don't eat red meat at all. And right now I'm doing karate. It's getting me in shape quick."
—Brian Jones

"Um . . . right now I'm trying to lose weight before my school reunion, so I'm drinking these diet drinks for dinner."
—Carmen Sanchez

"Not really. I kind of eat everything I want. I don't do anything to stay in shape. I'm just lucky, I guess."
—Lisa da Silva

"Well, I walk everywhere I go because I don't have a car, so I think I get enough exercise."
—Mei-ling Yu

"Um . . . to be honest, I'm not doing anything right now. I'm studying for exams this month, so I'm eating a lot of snacks, and I'm not getting any exercise at all."
—Michael Evans

"Yeah, we exercise six days a week. We go swimming every other day, and in between we go to the gym. And once in a while, we go hiking."
—The Parks

B. Complete these sentences with a simple present or present continuous verb. Use the interviews above to help you. Are the sentences true for you?

1. I generally _____ (not eat) junk food.
2. I usually _____ (get) enough exercise.
3. We usually _____ (go) to the gym every other day.
4. I _____ (eat) a lot of snacks this month.
5. These days I _____ (not get) any exercise at all.
6. Right now I _____ (try) to get in shape.

C. Complete the conversations with the simple present or present continuous.

1. **A.** How _____ you _____ (cope) with stress? _____ you _____ (get) stressed a lot?

B. Well, generally I _____ (not feel) stressed, but we _____ (work) long hours this month. So my co-workers and I _____ (take) a meditation class right now. It's great. Meditation really _____ (relax) you.

2. **A.** _____ you _____ (like) to play sports?

B. Not really, but my wife and I _____ (enjoy) swimming. We usually _____ (go) to the pool together in the summer. Now that it's winter, I _____ (not swim) at all. But my wife _____ (go) every day, even when it's cold.

3. **A.** _____ your family _____ (do) anything new to stay healthy?

B. Actually, yeah. We _____ (try) to eat a balanced diet. I mean, everybody in the family _____ (love) fast food, but right now, we _____ (cook) healthy meals. It's not easy because my husband _____ (not like) vegetables and things like that.

D. Try to guess what unhealthy habit each person is talking about. Then listen and complete the sentences.

1. Ian says he eats a lot of _____, but he wants to cut down on it.

2. Kaylie wants to give up _____, but she can't.

3. Martin's mom says Martin spends too much time _____.

4. Silvia's husband says she's not _____ enough these days.

E. Listen again to the last thing each person says. Do you agree? Why or why not?