UNIT 9 Health & Fitness

Writing
Giving advice

Reading

1 Read the advice below for first-time skiers.

If you're going on your first ski trip, here are a few tips:

Before you go ...

Make sure you're going to a resort that's good for beginners. It should have nursery slopes and plenty of easy runs. The easiest slopes are usually called blue runs.

You don't need to buy a lot of expensive equipment, but you should get some ski pants, a ski jacket and a good pair of gloves. If you don't want to buy them, try asking friends. They may have things you can borrow.

Before you go skiing, you ought to do some exercises to prepare yourself. There are plenty of good websites with simple ski exercises.

When you arrive ...

You must get a comfortable pair of boots, so it's worth spending plenty of time at the ski hire shop. Don't be afraid to try on lots of different pairs.

If you're a complete beginner, you should probably start with some lessons. Group lessons are usually cheaper and it's more fun to learn with other people.

Beginners always fall over a lot, so don't get disappointed. If you try to do too much in the first few days, you'll just get really tired. So take it gently. For example, you could just have lessons in the morning and then relax in the afternoon for the first couple of days.

Language focus: giving advice

2 Complete the sentences from the text which give advice.

1 _____ you're going to a resort that's good for beginners.
2 _____ a lot of expensive equipment.
3 _____ some ski pants, a ski jacket and a good pair of gloves.
4 f you don't want to buy them, _____ friends.
5 Before you go skiing, _____ some exercises.
6 _____ a comfortable pair of boots.
7 _____ plenty of time at the ski hire shop.
8 _____ try on lots of different pairs.
9 _____ lessons in the morning.

Vocabulary

3 Add more ideas to the table of clothing and equipment needed for these sports.

Skiing	Tennis	Cycling	Golf
skis	*tennis racket*	*cycling shorts*	*golf shoes*
ski boots			
ski poles			
ski pants			
jacket			
gloves			

LIVEWORKSHEETS

Health & Fitness

Writing

4 Read these emails asking for advice.

Hi,

With the summer coming up, I'm thinking of taking up tennis. I've never played before, but we've got public tennis courts in a park near the house. You play tennis, don't you? Any advice? Do I need to get an expensive racket? What about lessons?

Thanks!

Hello,

We've just booked a holiday in the countryside. We'll probably do some walking, but we'd like to go cycling too. You cycle quite a bit, don't you? Is there anything you think we should consider? We'll probably hire bikes, but is there any other equipment we need? Any advice welcome!

Thanks!

Hi!

My new job's going really well and I'm getting on well with my colleagues. Quite a few of them play golf at the weekends. I'd like to join them, but I don't know anything about golf. Do you still play? Got any advice? Do you think I need to buy my own golf clubs? And what do I need to wear? I don't want to turn up wearing the wrong thing!

Thanks!

Imagine that one of these emails is from a friend of yours. Write an email reply giving some advice.

You could write about:

- equipment
- clothing
- lessons
- fitness
- where to go

LIVEWORKSHEETS