

Vocabulary

Verbs to describe a healthy lifestyle

1 Choose the correct option a, b or c.



An expensive watch

Last year, I decided to invest in a watch that ¹ my fitness levels. It ² information about how far I run or walk when I do exercise and ³ me to try to go faster each time. It also records the number of steps I do and reminds me to get up and walk around every hour when I'm at work. All in all, it ⁴ a much healthier lifestyle and ⁵ it possible for me to get fitter.

This all sounds great, doesn't it? And it was at first – I loved it! But it wasn't long before that changed. After a few months, while I was still noting how many steps I was doing, I was doing nothing to increase the number. The reminders that ⁶ me from being lazy went ignored. I even stopped recording my running times. Now, it's basically nothing more than an expensive watch!

- | | |
|---------------|---------------|
| 1 a warns | 4 a makes |
| b encourages | b provides |
| c tracks | c promotes |
| 2 a provides | 5 a did |
| b discourages | b got |
| c makes | c made |
| 3 a offers | 6 a warned |
| b encourages | b discouraged |
| c warns | c avoided |

English in action

Contribute effectively to a conversation or discussion

2 Put the words in the correct order to make sentences and questions.

- 1 makes / say / what / that / you ?

- 2 really / not / on / I'm / that one / you / with

- 3 a bit / you / more / can / that / explain ?

- 4 guess / right, / you / I / be / might

- 5 me / happened / once / that / to

- 6 you / that conclusion / to / how / come / did ?

- 7 way / you / it / could / look at / another

- 8 of / reminds / the time / that / to Spain / me / I went

3 Complete the conversations with phrases using the words in brackets.

- 1 A: Fitness gadgets are only helpful if you make an effort to get fit.
B: _____ (absolutely/right). There's no point having one if you don't.
- 2 A: Chocolate's good for you? _____ (make/say)?
B: Well, experts say a little of the dark variety can be good for your heart.
- 3 A: Parents should get a fine if they give their children unhealthy food.
B: _____ (serious)? That's a crazy ideal
- 4 A: The key to good physical health is to eat less and move more!
B: _____ (got/point) but that's easier to say than do.
- 5 A: The price of sweets should be higher. It'll stop people from eating them.
B: _____ (experience), that kind of tax doesn't work. People just spend more.
- 6 A: Education leads to a healthy diet? _____ (come/conclusion)?
B: Research. When we know what healthy food is, we eat better.

4 Complete the blog post with a suitable word.

'If you want to get fit you've got a few ¹ _____. One is to join a gym. The ² _____ advantage of that is that you have access to lots of different equipment as well as maybe a pool. The ³ _____ is that it can be expensive, particularly if you don't go very often. Another argument ⁴ _____ the gym is that it's a routine which can get very boring very quickly. Another ⁵ _____, however, is to walk or run. The ⁶ _____ of this is that it's free and you can get outside and see some great views at the same time. You have to take into ⁷ _____ that the air might not be very clean if you live in a city, though. On ⁸ _____, I think that walking or running is preferable to joining a gym because it's a more natural form of exercise than lifting weights. However, everyone will have their own preference.'