



1 READING

- a** Ask and answer the questions.
- 1 What do you think are good ways of getting fit?
 - 2 What exercise do you do?
 - 3 Would you like to do more or less exercise? Why?
- b** Read the first paragraph of the text. Answer the questions in the text.
- c** What do you think the new type of exercise is? Read the rest of the text to find out. Were you correct?

2 GRAMMAR have to / don't have to

- a** Complete the sentences from the text with the words in the box. Use some words more than once.
- have don't to
- 1 You _____ cycle really hard.
 - 2 You _____ spend hours and hours in the gym.
 - 3 What do you _____ do?
- b** Sentences a-c talk about the sentences in 2a. Underline the correct answers.
- a In sentence 1 you need to / don't need to cycle hard.
 - b In sentence 2 you need to / don't need to spend hours in the gym.
 - c Sentence 3 asks what you need to / don't need to do.

HIT: GET FIT IN FIVE! THE ROUTINE

warm up seconds of hard exercise rest

HOW OFTEN?
Time _____ a day

GOOD FOR:
Getting fit, stopping diabetes and _____ disease

Repeat _____ times

ONLY 5 MINUTES EXERCISE A WEEK... ... and you can get fit!

HOW EASY IS IT TO GET FIT? Do you think it's difficult to do enough exercise? Is having enough time to exercise a problem? Think you know the answers to these questions? Well, think again because a new type of exercise is here and it could change your life.

WHAT IS IT? This new, popular form of exercise is called High Intensity Training (HIT) and it means you don't have to spend hours and hours in the gym. A few minutes a day doing hard exercise is all you need. You can choose to do floor exercises, run or cycle.

WHAT DO YOU HAVE TO DO? Let's take the example of cycling: you begin with a short warm up then you have to cycle really hard for 20 to 30 seconds and then rest. You repeat the routine twice and that's all you have to do!

SO, HOW DOES HIT WORK? No one is sure of the answer to this question. However, some sports scientists in Canada, Norway and the UK think that when we exercise hard, we use a lot more muscles than we do with normal exercise. This helps us get fit, which could also mean we don't get sick so easily from things like diabetes and heart disease.

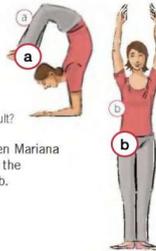


c 3.7 Pronunciation Listen to sentences 1 and 2 in 2a and answer the questions.

- 1 How does the speaker say *v* in *have*: /v/ or /f/?
- 2 How does the speaker say *to* – is it stressed or unstressed?

3 LISTENING

- a** Look at pictures a and b and answer the questions with a partner.
- 1 What kind of exercise is this?
 - 2 Do you think it's easy or difficult?
- b** Listen to Stella and then Mariana talking about exercise. Match the speakers with pictures a and b.



“So if you think you haven't got time to get fit, it's not true. You only need a few minutes a day with HIT. So why not try it?”

c 3.9 Listen again. Are the sentences true or false? Correct the false sentences.

- 1 Stella thinks yoga is good for everyone.
- 2 Her favourite yoga exercise is easy to do.
- 3 She practised doing this exercise for a long time.
- 4 Mariana thinks beginner yoga is easy.
- 5 She has to think carefully when she does yoga.
- 6 She doesn't like the end of each yoga lesson.

4 VOCABULARY Parts of the body

- a** Match the words in the box with the parts of the body in the picture.

leg back foot head neck
stomach arm hand finger toe

