UNIVERSIDAD SIMON BOLIVAR
INSTITUTO DE LENGUAS EXTRANJERAS, ILE
LEVEL 7
UNIT 6

GRAMMAR PRACTICE

Make sentences. Drag the words to the correct places.

exercising	spinning	day	problems	doctor	running

1. You should stretch before [ ].
2. Sitting all [ ] is not healthy.
3. Drinking enough water is important.
4. Not [ ] can cause health [ ].
5. Would you like to try [ ]?
6. The [ ] suggested changing my diet.

Past form of *be + going to* for past intentions

Choose the correct words.

1. Carmen [Choose] going to take time off, but she decided to take a trip to Korea.

2. They [Choose] going to get new cell phones, but they did.

3. I [Choose] going to exercise this morning, but I slept too late.

4. Peter [Choose] going to come in today, but he wanted us to help with his work.

5. We [Choose] going to take a break, but we really need one.

6. Rosa [Choose] going to visit her family, but now she can't.

Prepositions of time

Choose the correct words.

1. Walk [Choose] thirty minutes at a fast pace.

2. Give yourself some rest time [Choose] your workouts.

3. Why don't we meet sometime [Choose] 2:00 and 2:30?

4. Let's run [Choose] 3:30 and then do some stretching.

5. He has been running marathons [Choose] 1995.

6. Please get here [Choose] 6:00. Class begins at 6:05.

LIVEWORKSHEETS

READING COMPREHENSION

THIS YEAR'S BEST FITNESS APPS



Today, with all the fitness apps available, staying fit and eating right are a lot easier than before. But that's also the problem. There are so many apps that it's hard to know which one is right for you. I've reviewed some of the most popular fitness apps out there today. I hope this information helps you find an app that works for you.

Before you download an app, you need to ask yourself what kind of fitness program you like best. Do you prefer working out by yourself? Do you want data? How about some music? For some people, a little more encouragement—maybe from a coach or friends on social media—helps push them to the next level. For others, there is nothing like a little competition.

One of my favorite apps is *FitVeu*. It's free to download, but there is a small monthly fee to use it. I like it because it lets you choose whether you want to exercise on your own, get help from a coach, or share your workouts on social media. After your first workout, you can rate the difficulty of each part of the workout and the app adjusts the workout to your fitness level. It also keeps track of how much and how fast you run, bike, etc. Its exercise programs are great, but it doesn't keep track of your diet.

FitterNow is another great choice. Compared to *FitVeu*, *FitterNow* is more expensive, but I think it's worth it. *FitterNow* does everything *FitVeu* does, but unlike *FitVeu*, it has a diet feature that helps you keep track of your food. It can read a product's barcode and then calculate the number of calories it has. It has a few other features that *FitVeu* doesn't have. One feature lets you and your friends set goals and compete. For example, you enter how many miles you'll run and your friend enters how many miles she'll bike. But this is the fun part: You use money as an incentive. You say how much money your goal is worth. The app checks your progress and if you don't meet your goal, your friend gets your money.

This year's best free app is *YouGoPal*. With just a few features, it is much easier to use than the other two. Some people just want to know how far and how fast they run, which is exactly what *YouGoPal* gives you. This one is a good choice if you prefer to exercise alone and you don't need features like exercising with friends, a coach, or social media. And the best part? It's completely free.

CHECK YOUR UNDERSTANDING

A What is the main idea of the review? Circle the correct answer.

a. *FitterNow* is probably the best among the three apps.
b. Competition and financial incentives are most likely to make you exercise.
c. The best app choice depends on how you like to exercise.

B Read the chart with some features of the fitness apps from the review. Write (✓) if the app has the feature and (X) if it doesn't.

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Features	*FitVeu*	*FitterNow*	*YouGoPal*
Free			
Provides a fitness coach			
Connects to social media			
Adjusts workout to fitness level			
Keeps track of - speed			
- distance			
- diet			
Lets you compete with friends			

LIVEWORKSHEETS

C FOCUS ON LANGUAGE **Reread lines 8–10 in the review. Think about the phrases *push them to the next level* and *there's nothing like a little competition*. Circle the correct answers.**

1. The expression *push to the next level* means ___.
   a. to work harder b. to encourage one's friends c. to gain social media followers
2. The expression *there's nothing like a little competition* means ___.
   a. people don't like competition
   b. people don't compete anymore
   c. competition is a good incentive to exercise

D **Read the Reading Skill.**

1. Circle the two things that are compared or contrasted in the sentences below.
   a. "Compared to *FitVeu*, *FitterNow* is more expensive, but I think it's worth it."
   b. "*FitterNow* does everything *FitVeu* does, but unlike *FitVeu*, it has a diet feature that helps you keep track of your food."

READING SKILL Identify comparison and contrast

Writers often compare or contrast two or more things, people, or situations. Look for signals of comparison, such as *like*, *similar*, *compared to*, and *just as*. Signals of contrast include *unlike*, *in contrast*, and *whereas*.

LIVEWORKSHEETS