TOP NOTCH 1 • UNIT 6 – LESSON 3 • STAYING IN SHAPE

16 Read the letters to a health magazine advice column.

Dear In-Shape,



I have two health questions for you. I'm an athlete. I play baseball for my university team, and I go running every day. I exercise all the time. I think I'm in terrific shape, but I'm worried that I exercise too much. That's my first question—how much exercise is too much?

My second question is about my diet. I try to eat healthy. I hardly ever eat pizza, fast food, or other snacks. I never drink soft drinks. But I have one really bad habit: I have a sweet tooth! I eat too much chocolate, candy, cake, and ice cream. How can I cut down on sweets?

—Ron Miller

Dear In-Shape,



I need some exercise advice! I don't feel very healthy. I get tired just walking from my house to my car! My doctor said that I have to exercise more. I'm sure that she's right. I should get out of the house more often. My husband goes running every day, but I never go running with him. I'm a couch potato. My big activity is watching movies—I watch a movie just about every night. Unfortunately, you don't burn many calories watching TV!

By the way, the problem is not my diet. I generally try to eat foods that are good for me, like fish, vegetables, and fruit. I avoid snacks, and I almost never eat sweets!

—Nina Hunter

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Now read the letters on page 55 again. Complete the chart about Ron's and Nina's diet and exercise habits. Check the boxes.

	Ron Miller	Nina Hunter
is in shape	☐	☐
is out of shape	☐	☐
eats junk food	☐	☐
avoids sweets	☐	☐
is crazy about sweets	☐	☐

17 Read the sentences about Ron and Nina. Check true, false, or no information.

	true	false	no information
1. Ron doesn't have time to exercise.	☐	☐	☐
2. Ron generally avoids junk food.	☐	☐	☐
3. Ron usually drinks a lot of water.	☐	☐	☐
4. Nina never eats fish.	☐	☐	☐
5. Nina doesn't exercise regularly.	☐	☐	☐
6. Nina doesn't eat healthy foods.	☐	☐	☐

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18 Are you in shape? Do you have a healthy diet? Explain your answers.

Example: I don't have a healthy diet. I almost never eat vegetables.

_____

_____

_____

_____

_____

19 Read the articles on page 70 of the Student's Book again. Answer the questions.

1. Why can't Mark Zupan move his arms and legs normally?

_____

2. What is Zupan's nickname? _____
3. What sport does he play? _____
4. What does he do to stay in shape?

_____

5. What does he do in his free time?

_____

6. What is Bethany Hamilton's sport?

_____

7. How did Hamilton lose her arm?

_____

8. What does she do when she's not surfing?

_____

9. What is her advice? _____

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