Fitness & Healthy Habits

Present Simple · Giving Advice · Fitness Vocabulary

01 Grammar — Ask & Advise

A. Complete the questions using do or does and the correct form of the verb.

1. How often _____ you _____ (work out)?
2. What _____ your Pilates instructor usually _____ (recommend)?
3. _____ your friends _____ (enjoy) exercising?
4. How _____ Pilates _____ (help) you relax?

B. Complete the advice using should or shouldn't.

1. Beginners _____ start with simple exercises.
2. You _____ push yourself too hard when you're exhausted.
3. You _____ choose an activity you enjoy.
4. You _____ expect to make progress overnight.

02 Vocabulary — Fitness Collocations

Complete the sentences with the correct expression.

build strength · improve flexibility · stick to a routine · stay physically active · make gradual progress

1. Pilates can help you _____ and become stronger.
2. Stretching regularly can help you _____.
3. It's easier to _____ when you enjoy your workouts.
4. Walking is a simple way to _____.
5. You don't need to improve immediately. You can _____.

03 Writing — My Pilates Routine

Write 70–90 words. How does Pilates fit into your lifestyle?

Include: 4 Present Simple sentences; 2 pieces of advice using **should / shouldn't**; 3 fitness collocations; and 1 Lifestyle expression (make time for, recharge, unwind, cut down on, take up).

Finish with one thing you'd like to improve about your routine.

HOMEWORK 07 LIVEWORKSHEETS