

## PRE-INTERMEDIATE UNIT 6

**1** Work in pairs. How many of the following things can you tell your partner about yourself?

- 1 how many steps you took today
- 2 what your blood pressure is
- 3 how much food you ate today
- 4 how many people you met today
- 5 how much time you spent sitting down today
- 6 how many hours you slept last night



**2A** Watch the first part of the DVD up to 00:20. Which of the points in Exercise 1A does the presenter mention?

**B** Watch the DVD in full. Tick the activities you see.

- cycling
- playing basketball
- playing tennis
- rowing
- running
- sleeping
- swimming
- walking

**C** Which of the activities do you do regularly/not at all?

**3A** Work in pairs and answer the questions.

- 1 What two things do we need to find out all the information in Exercise 1?
- 2 What does Dr Kevin Fong want to find out?
- 3 Where does he go to find out about the latest technology?
- 4 Who has control of monitoring with the latest technology and apps?
- 5 Who is Blaine Price?
- 6 How do you wear the sleep monitor?

**B** Watch the DVD again to check.

**4** Underline the correct alternative. Then watch the DVD again to check.

- 1 But he's not *heading/leaving* to a hospital.
- 2 *Useless/Wireless* health and fitness technology.
- 3 This is a revolution that takes monitoring out of doctors' *lives/hands*.
- 4 Price is a technology expert with a big box of *toys/gadgets*.
- 5 It can tell you what *phase/stage* of sleep you're in.
- 6 This is now very *inexpensive/expensive*.
- 7 From the *luxury/comfort* of our own homes, we can now measure exactly what our bodies are doing.
- 8 There are now thousands of apps for our phones to *monitor/track* anything and everything about us.

**5A** EITHER choose a fitness app you know OR choose one of the apps below and find out as much as you can about it. Use questions 1–4 to help you.

- pedometer
- running app
- calorie counter/food logger
- general health

- 1 What is it called?
- 2 What does it measure?
- 3 How exactly do you use it?
- 4 Is it free? If not, how much does it cost?

**B** Work in groups. Ask and answer questions about the app you chose. Would you recommend it to other people? Do any students use the app you found out about?

*A: I found out about MapMyRun.*

*B: What's that?*

*A: It's an app that measures data about running: how far, how fast, the route ...*