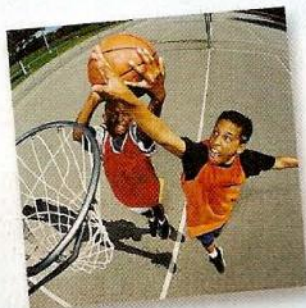


# 6 How often do you exercise?

## 1 SNAPSHOT



### THE TOP FIVE *SPORTS* AND *FITNESS ACTIVITIES* in the UNITED STATES

#### SPORTS

- ☐ Basketball
- ☒ Volleyball
- ☐ Softball
- ☐ Football
- ☒ Soccer

#### FITNESS ACTIVITIES

- ☐ Weight training
- ☐ Treadmill
- ☐ Stretching
- ☐ Walking
- ☐ Jogging



Source: SGMA International, *Sports Participation in America: 2002 Edition*

Do people in your country enjoy any of these sports or activities?

Check (✓) the sports or fitness activities you enjoy.

Make a list of other sports or activities you do. Then compare with the class.

## 2 WORD POWER Sports and exercise

**A** Which of these activities are popular with the following age groups?

Check (✓) the activities. Then compare with a partner.

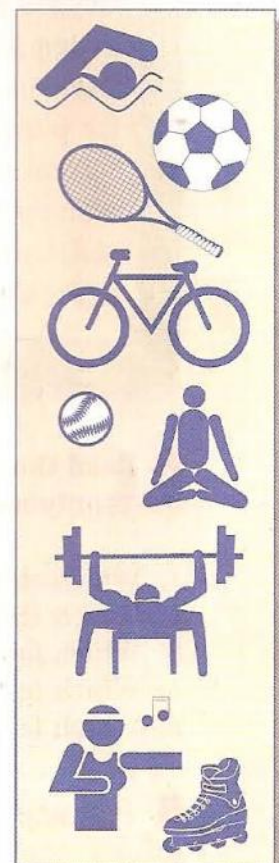
	Children	Teens	Young adults	Middle-aged people	Older people
aerobics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
baseball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
bicycling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
in-line skating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
soccer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
tennis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
weight training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
yoga	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**B Pair work** Which of the activities above are used with *do*, *go*, or *play*?

*do* aerobics ..... *go* bicycling ..... *play* baseball .....

.....

.....





## 3

**CONVERSATION** *I hardly ever exercise.*

**A** Listen and practice.

Marie: You're really fit, Paul. Do you exercise a lot?

Paul: Well, I almost always get up early, and I lift weights for an hour.

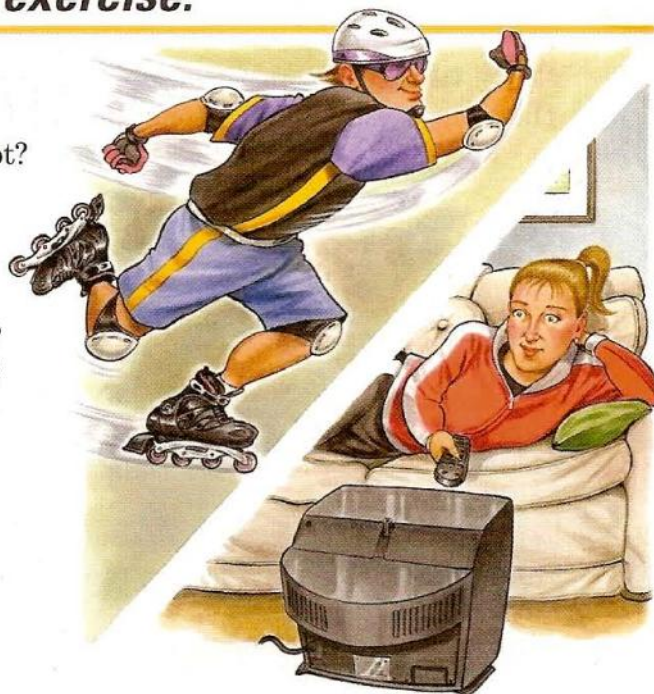
Marie: Seriously?

Paul: Sure. And then I often go in-line skating.

Marie: Wow! How often do you exercise like that?

Paul: About five times a week. What about you?

Marie: Oh, I hardly ever exercise. I usually just watch TV in my free time. I guess I'm a real couch potato!



**B** Listen to the rest of the conversation.  
What else does Paul do in his free time?

## 4

**GRAMMAR FOCUS****Adverbs of frequency**

**How often** do you exercise?

I lift weights **every day**.

I go jogging **once a week**.

I play soccer **twice a month**.

I swim about **three times a year**.

I don't exercise very **often/much**.

Do you **ever** watch TV in the evening?

Yes, I **often** watch TV after dinner.

I **sometimes** watch TV before bed.

**Sometimes** I watch TV before bed.\*

I **hardly ever** watch TV.

No, I **never** watch TV.

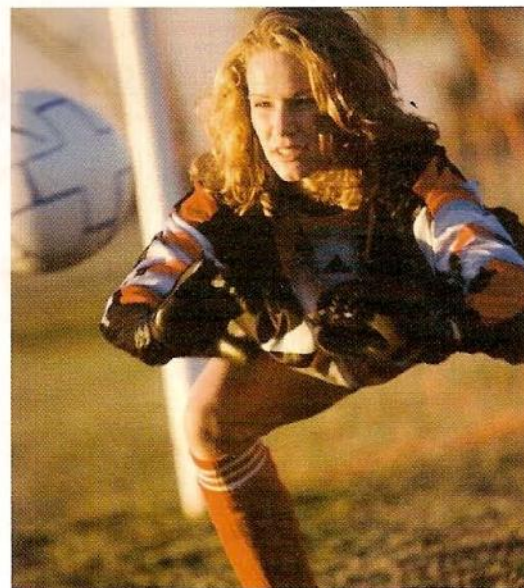
100%	<b>always</b>
	<b>almost always</b>
	<b>usually</b>
	<b>often</b>
	<b>sometimes</b>
	<b>hardly ever</b>
	<b>almost never</b>
0%	<b>never</b>

\*Sometimes can begin a sentence.

**A** Put the adverbs in the correct place. Then practice with a partner.

- A: Do you play sports? (ever)  
B: Sure. I play soccer. (twice a week)
- A: What do you do on Saturday mornings? (usually)  
B: Nothing much. I sleep until noon. (almost always)
- A: Do you do aerobics at the gym? (often)  
B: No, I do aerobics. (hardly ever)
- A: Do you exercise on Sundays? (always)  
B: No, I exercise on Sundays. (never)
- A: What do you do after class? (usually)  
B: I go out with my classmates. (about three times a week)


**B Pair work** Take turns asking the questions in part A. Give your own information when answering.





5

**PRONUNCIATION** *Intonation with direct address*

**A**  Listen and practice. Notice these statements with direct address. There is usually falling intonation and a pause before the name.

You're really fit, Paul.

She looks tired, James.

I feel great, Dr. Lee.

**B Pair work** Write four statements using direct address. Then practice them.

6

**SPEAKING** *Fitness poll*

**A Group work** Take a poll in your group. One person takes notes. Take turns asking each person these questions.



1. Do you have a regular fitness program? How often do you exercise?



2. Do you ever go to a gym? How often do you go? What do you do there?



3. Do you play any sports? Which ones? How often do you play them?



4. Do you ever take long walks? How often? Where do you go?




5. What else do you do to keep fit?


**B Group work** Study the results of the poll. Who in your group has a good fitness program?

7

**LISTENING** *In the evening*

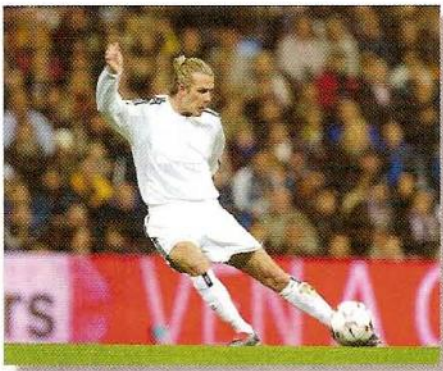
**A**  Listen to what Ted, Wanda, and Kim like to do in the evening. Complete the chart.

	Favorite activity	How often?
Ted	.....	.....
Wanda	.....	.....
Kim	.....	.....

**B**  Listen again. Who is most similar to you – Ted, Wanda, or Kim?



## 8

**DISCUSSION Sports and athletes**

**Group work** Take turns asking and answering these questions.

Who's your favorite athlete? Why?  
 Who are three famous athletes in your country?  
 Do you ever watch sports on TV? Which ones?  
 Do you ever watch sports live? Which ones?  
 What are two sports you don't like?  
 What sport or activity do you want to try?

## 9

**WRITING About favorite activities**

**A** Write about your favorite activities. Include one activity that is false.

*I love to exercise! I usually work out every day. I get up early in the morning and go running for about an hour. Then I often go to the gym and do aerobics with some friends. Sometimes I play tennis in the afternoon. I play ...*

**B Group work** Take turns reading your descriptions. Can you guess which information is false?

"You don't play tennis in the afternoon. Right?"



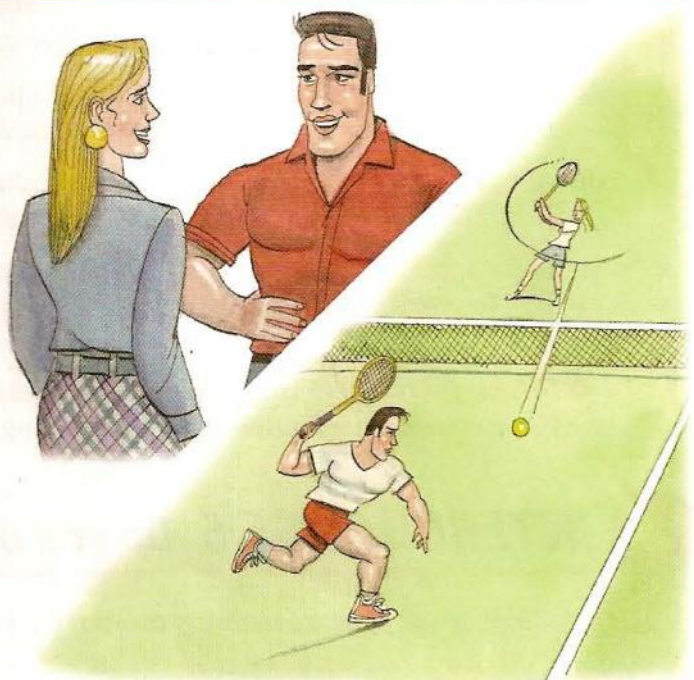
## 10

**CONVERSATION I'm a real fitness freak.**

**A** Listen and practice.

Ruth: You're in great shape, Keith.  
 Keith: Thanks. I guess I'm a real fitness freak.  
 Ruth: How often do you work out?  
 Keith: Well, I do aerobics twice a week. And I play tennis every week.  
 Ruth: Tennis? That sounds like a lot of fun.  
 Keith: Oh, do you want to play sometime?  
 Ruth: Uh, . . . how well do you play?  
 Keith: Pretty well, I guess.  
 Ruth: Well, all right. But I'm not very good.  
 Keith: No problem. I'll give you a few tips.

**B** Listen to Keith and Ruth after their tennis match. Who's the winner?





11

**LISTENING** *I'm terrible at sports.*

Listen to Dan, Jean, and Phil discuss sports and exercise. Who is a couch potato? a fitness freak? a sports fan?



a couch potato



a fitness freak



a sports fan

12

**GRAMMAR FOCUS****Questions with how; short answers****How often** do you work out?

Every day.

Twice a week.

Not very often.

**How well** do you play tennis?

Pretty well.

About average.

Not very well.

**How long** do you spend at the gym?

Thirty minutes a day.

Two hours a week.

About an hour on weekends.

**How good** are you at sports?

Pretty good.

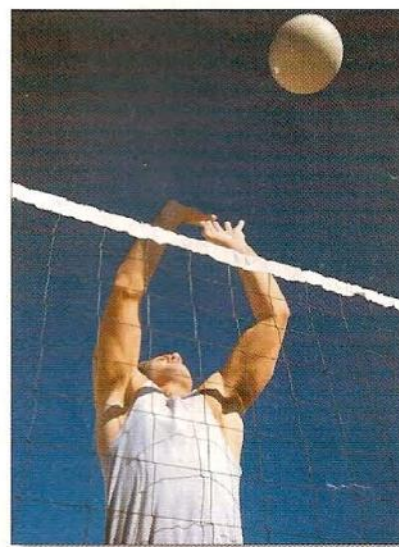
OK.

Not so good.

**A** Complete these questions. Then practice with a partner.

- A: ..... at volleyball?  
B: I guess I'm pretty good. I often play on weekends.
- A: ..... spend online?  
B: About an hour after dinner. I like to chat with my friends.
- A: ..... play cards?  
B: Once or twice a month. It's a good way to relax.
- A: ..... type?  
B: Not very well, actually. I need to take a typing class.

**B Group work** Take turns asking the questions in part A. Give your own information when answering.



13

**INTERCHANGE 6** *Do you dance?*

Find out what your classmates can do. Go to Interchange 6.





# Health and Fitness Quiz

How healthy and fit do you think you are? Skim the questions below.

Then guess your health and fitness score from 0 (very unhealthy) to 55 (very healthy).

## Your Food and Nutrition

### Points

#### 1. How many meals do you eat each day?

- ☐ Four or five small meals 5
- ☐ Three meals 3
- ☐ One or two meals 0

#### 2. How often do you eat at regular times during the day?

- ☐ Almost always 5
- ☐ Usually 3
- ☐ Hardly ever 0

#### 3. How many servings of fruits or vegetables do you eat each day?

- ☐ Five or more 5
- ☐ One to four 3
- ☐ None 0

#### 4. How much junk food do you eat?

- ☐ Very little 5
- ☐ About average 3
- ☐ A lot 0

#### 5. Do you take vitamins?

- ☐ Yes, every day 5
- ☐ Sometimes 3
- ☐ No 0

## Your Fitness

### Points

#### 6. How often do you exercise or play a sport?

- ☐ Three or more days a week 5
- ☐ One or two days a week 3
- ☐ Never 0

#### 7. Which best describes your exercise program?

- ☐ Both weight training and aerobic exercise 5
- ☐ Either weight training or aerobic exercise 3
- ☐ None 0

#### 8. How important is your fitness program to you?

- ☐ Very important 5
- ☐ Fairly important 3
- ☐ Not very important 0

## Your Health

### Points

#### 9. Which best describes your weight?

- ☐ Within 6 pounds (3 kg) of my ideal weight 5
- ☐ Within 10 pounds (4.5 kg) of my ideal weight 3
- ☐ More than 12 pounds (5.5 kg) over or under my ideal weight 0

#### 10. How often do you get a physical exam?

- ☐ Once a year 5
- ☐ Every two or three years 3
- ☐ Rarely 0

#### 11. How often do you sleep well?

- ☐ Always 5
- ☐ Usually or sometimes 3
- ☐ Hardly ever or never 0

## Rate yourself

### Total Points

46 to 55: Excellent job! Keep up the good work!

31 to 45: Good! Your health and fitness are above average.

16 to 30: Your health and fitness are a little below average.

15 or below: You can improve your health and fitness.

**A** Take the quiz and add up your score. Does your quiz score match your original guess? Do you agree with your quiz score? Why or why not?

**B Group work** Compare your scores. Who is the healthiest and fittest? What can you do to improve your health and fitness?