



Health & Fitness

A. WARM-UP QUESTIONS

1. What does a 'healthy lifestyle' look like for you?
2. Which habit has improved your health the most?
3. What makes it difficult to stay consistent with exercise?
4. How do you manage stress during busy weeks?
5. What is one fitness goal you want to achieve this year?

B. VOCABULARY PREVIEW

Match the words with their meanings. Check this again after seeing the words in context on page 2.

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|---|--|
| ___ 1. endurance | a) the link between thoughts, emotions, and physical health |
| ___ 2. strength training | b) the body's process of converting food into energy |
| ___ 3. flexibility | c) adequate fluid intake for bodily functions |
| ___ 4. balanced diet | d) proteins, fats, and carbohydrates as main dietary components |
| ___ 5. hydration | e) the range of motion in joints and muscles |
| ___ 6. macronutrients | f) eating the right amounts of proteins, fats, and carbohydrates |
| ___ 7. metabolism | g) exercises that increase muscle power using resistance |
| ___ 8. recovery | h) the number of heartbeats per minute when at rest |
| ___ 9. resting heart rate | i) the period when the body repairs after exercise |
| ___ 10. high-intensity interval training (HIIT) | j) physical and mental exhaustion from prolonged stress |
| ___ 11. mind-body connection | k) the ability to sustain physical effort over time |
| ___ 12. burnout | l) short bursts of intense exercise with brief recovery periods |



READING

1. Many people start fitness journeys with big goals, but small, steady habits make the difference. Five brisk walks a week, two short strength sessions, and consistent hydration have helped many beginners feel stronger. Over time, these routines improve endurance and reduce stress, especially when paired with realistic sleep and nutrition routines.

2. Recovery is as important as training. If you increase intensity too fast, you risk injury and burnout. Short HIIT workouts, when balanced with rest days, can boost cardiovascular health efficiently. Stretching or mobility work supports flexibility, and tracking your resting heart rate helps you notice early signs of fatigue so you can adjust before problems appear.

3. Healthy eating does not require perfection. Focus on a balanced diet, including macronutrients from whole foods, and drink enough water to support metabolism. If you plan meals, keep healthy snacks nearby, and listen to your mind-body connection, you will be more consistent. Over months, small choices compound into big results—better energy, clearer focus, and a sustainable lifestyle.

COMPREHENSION

1. Which small habits are suggested for beginners?
2. Why is recovery considered as important as training?
3. How can HIIT help when used correctly?
4. What role does flexibility work play in fitness?
5. How can tracking resting heart rate support recovery?

VOCABULARY REVIEW

A. Complete the Sentences

1. Marathon runners develop _____ to keep a steady pace for hours.
2. Twice a week, she adds _____ to build muscle and prevent injury.
3. Yoga can improve _____ and reduce stiffness after workouts.
4. A _____ includes appropriate portions of protein, fats, and carbs.
5. Proper _____ is essential for concentration and performance.
6. Proteins, fats, and carbohydrates are _____ your body needs daily.

7. A faster _____ may help the body use energy more efficiently.
8. Good sleep is part of effective _____ after training days.
9. A lower _____ often indicates improved cardiovascular fitness.
10. _____ pushes your heart rate up quickly, then allows short rests.
11. Practicing breathing can strengthen your _____ during stress.
12. Exercising too hard for too long can lead to _____.

GRAMMAR REVIEW - MODALS FOR ADVICE

Reference

Use ****should/ought to**** for general advice or recommendations. Use ****must**** for strong obligation (often rules or necessity). Negative forms: ****shouldn't / ought not to / mustn't****.

1. You _____ (should) warm up before intense exercise.
2. Athletes _____ (must) drink enough water during hot weather.
3. If you feel pain, you _____ (shouldn't) continue the workout.
4. Beginners _____ (ought to) start with lighter weights.
5. Gyms _____ (must) maintain clean equipment for safety.
6. To prevent burnout, you _____ (should) schedule rest days.
7. People with injuries _____ (mustn't) train without medical approval.
8. If you feel stressed, you _____ (ought to) try deep-breathing exercises.

DISCUSSION

1. What daily habit has improved your health the most?
2. How should schools teach students to manage stress?
3. What is more important for you now: strength, endurance, or flexibility? Why?
4. How do social media and fitness apps help or harm healthy habits?

CRITICAL THINKING

Design a 4th week beginner plan that balances training and recovery. What rules and advice would you include?