

# 30 Day English Speaking Challenge: Family

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## Week 2: Activities – Day 11: More time

**Question:** If you had more time on your hands, what's a new activity or hobby that you'd like to try?

### Vocabulary:

1. More time on your hands: *more periods of time without work or other obligations*

If I had **more time on my hands**, I'd travel to places I've never visited before.

2. Go for a run: *jogging (often outside) for a period of time to get some exercise*

After work I think I'll **go for a run** in the park before going home.

3. Join a gym: *purchase a membership at an exercise or workout facility*

In the New Year I'm going to **join a gym** because I really need to get back in shape.

### Vanessa's answer:

For me, I've always enjoyed getting exercise. If it's nice weather outside, I **go for a run**. And if the weather's not nice, I might go to a yoga class. But if I had **more time on my hands**, I would love to go to the gym more regularly, maybe three to four times a week. I think my body would feel healthier, and it would be really nice to have this routine in my life, but only if I had some **more time on my hands**.