# **Commuting on Foot**

#### **Exercise 1**

# Vocabulary

#### 1.commute

Verb

#### kə mju:t

to travel between home and work on a regular basis

Many people **commute** by car and bus.

#### 2.put aside

Phrasal Verb

#### put əˈsaɪd

to save something for use at a later time

He is **putting aside** his pocket money to save for a bike.

## 3.buddy

Noun

'bʌdi:

(informal) a friend

Zach and David have been **buddies** since elementary school.

#### 4.heart attack

Noun

#### ha:rt əˈtæk

a dangerous condition in which the blood flow to a person's heart becomes blocked; often fatal Following a game of football, the physically fit 52-year-old had a **heart attack** on the field.

#### 5.sneakers

Noun

'sni:kərz

shoes worn when running/exercising

He wanted new **sneakers** for his birthday.

### 6.perspective

Noun

#### pər'spektiv

a point of view or way of looking at things

Going camping always gives me a fresh **perspective** on life.

#### **Exercise 2**

# **Dialogue Practice**

Read the dialogue aloud with your partner.

Emma and K are talking about how they can save money.



Emma

Yesterday I finally sat down and figured out a monthly budget.



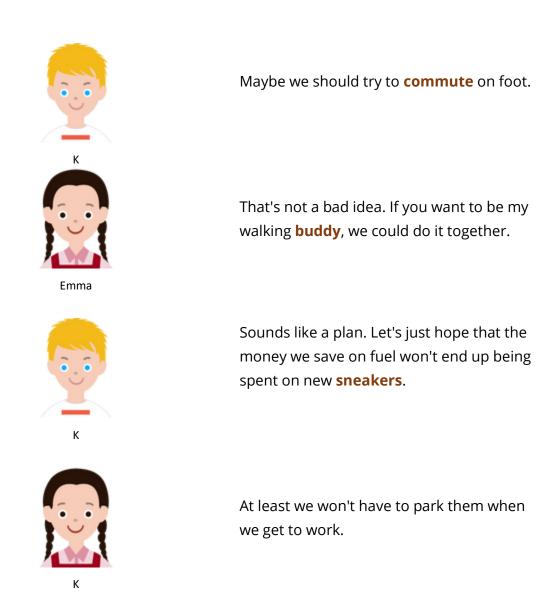
K

I should do the same. It seems like no matter how much money I **put aside**, my bank balance almost never **goes up**.



Emma

Yeah, a budget definitely puts things into **perspective**. When I saw how much money I spend on fuel and parking, I almost got a **heart attack!** 



They laugh.

## **Check your understanding:**

- 1. What almost gave Emma a heart attack?
- 2. How does K suggest they save money?
- 3. What is K worried they will have to spend money on if they walk to work?

### **Exercise 3**

## Fill in the Blanks

Fill in the blanks to complete the sentences.

- 1. Walking is a great way to reduce the risk of (1)\_\_\_.
- 2. Dan is working overtime so that he can (2) \_\_\_ some money.
- 3. He was my good (3) \_\_\_ way back in college.
- 4. The insurance rates have (4) \_\_\_ abruptly.

### **Exercise 4**

# **Discussion**

- 1. Which do you prefer: commuting on foot or using other means of transportation (e.g. bus, train, car, taxi)? Why?
- 2. How do you get to work or school?
- 3. Aside from health and economic advantages, what other benefits can you get from walking to work or school?
- 4. How much do you walk on a regular basis?
- 5. Do you walk for leisure or do you walk only when you need to go somewhere?