

# 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 ə'saɪd

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

hɑ:t ə'tæk

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'spektɪv**

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**!



K

Maybe we should try to **commute** on foot.



Emma

That's not a bad idea. If you want to be my walking **buddy**, we could do it together.



K

Sounds like a plan. Let's just hope that the money we save on fuel won't end up being spent on new **sneakers**.



K

At least we won't have to park them when we get to work.

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?