



Workout

Conversation > Beginner 3



Exercise 1 – Warm up

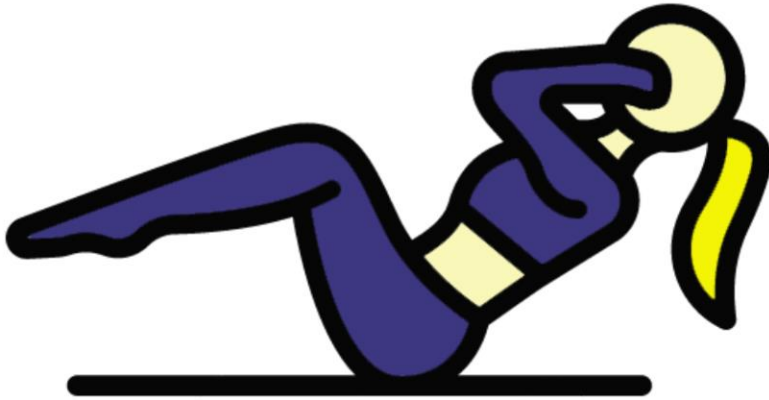


Workout

I have a workout every day.



Exercise 2 – Learning



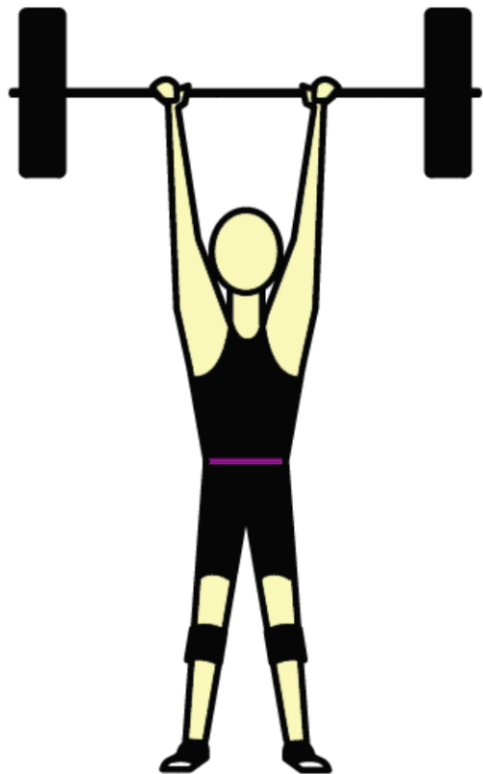
Exercising

I am always exercising in the morning.



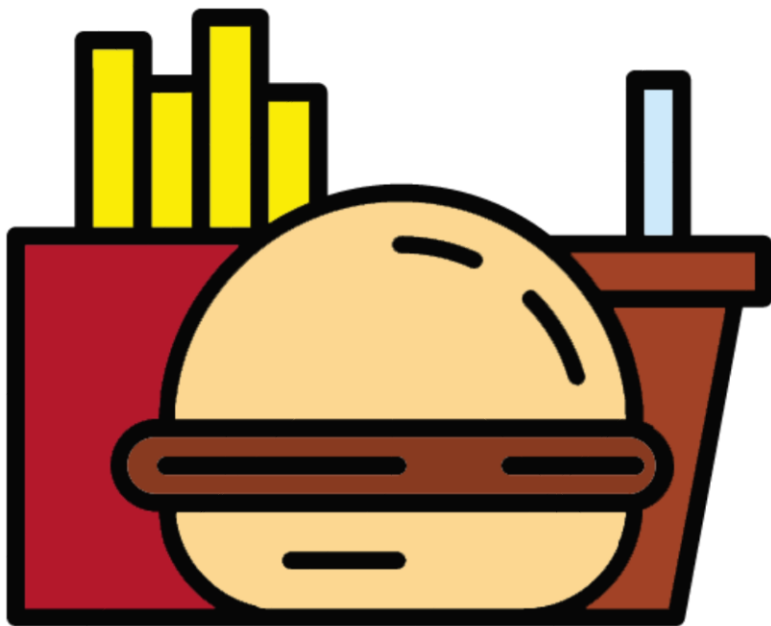
Sweating

Are you usually sweating in the afternoon?



Lifting

He is often lifting in the evening.



Junk food

I am sometimes eating junk food at night.



Stressed

He is feeling stressed.



Healthy food

He's never eating healthy food.



Exercise 3 – Dialogue

Choose one character and read the dialogue aloud with your tutor.

Lisa: Do you like working out?

David: Yes, I have a workout every day.

Lisa: Cool. Are you eating healthy food?

David: Sometimes. Usually, I eat junk food.

Lisa: Why do you exercise, David?

David: I exercise because I'm feeling stressed.

Lisa: Do you lift a lot of weights?

David: Yes, I do lift a lot of weights. I usually sweat a lot, too.



Exercise 4 – Matching

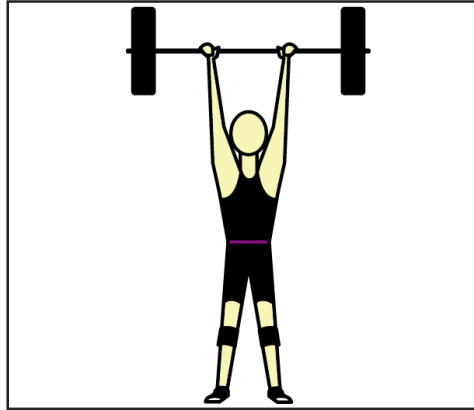
Match the pictures with the correct answers.

1.



a) sweating

2.



b) healthy food

3.



c) lifting

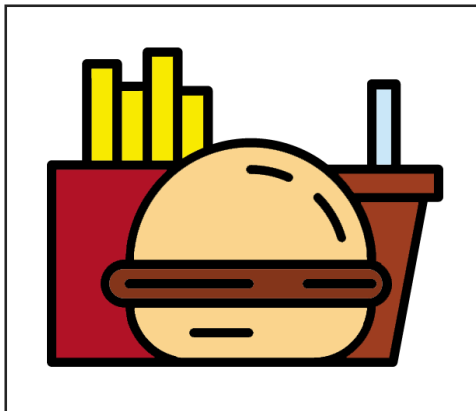


4.



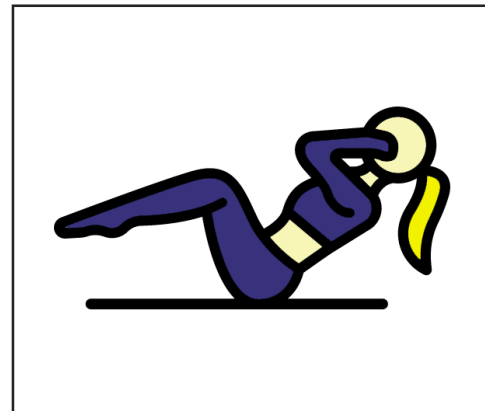
d) junk food

5.



e) exercising

6.



f) stressed



Exercise 5 – Fill in the Blanks

Choose the correct answers from the answer pool below and fill in the blanks.

Answer Pool

a
like
exercising
of
stress
at
sometimes

1. I'm always _____ in the morning.
2. Do you eat a lot _____ junk food?
3. I usually have _____ workout in the afternoon.
4. Lifting can _____ make you feel better.
5. I _____ working out. It helps me with _____.
6. She eats healthy food _____ night.



Exercise 6 – Multiple Choice

Choose the correct answers to complete the sentences.

1. Peter is feeling _____.

- a) stressing
- b) stressed

2. _____ always exercising in the morning.

- a) Your
- b) You're

3. I lift weights and _____ I sweat.

- a) then
- b) than

4. Are you _____ very often?

- a) sweat
- b) sweating



5. I _____ eat junk food.

- a) never
- b) nevers

6. I usually exercise in _____ evening.

- a) an
- b) the

7. He's sometimes eating junk food at _____.

- a) night
- b) nice

8. I _____ have a workout.

- a) often
- b) sometime



Exercise 7 – Ordering

Put the words into the correct order.

Example: I never morning in the exercise. → I never exercise in the morning.

Content:

1. you Do junk like food?
2. feeling is My sister stressed.
3. very is Lifting good you for.
4. I a often have workout.
5. Are we a lot sweating?
6. is Lisa eating healthy now right food.
7. lift usually They in the afternoon.
8. Sometimes I night at exercise.