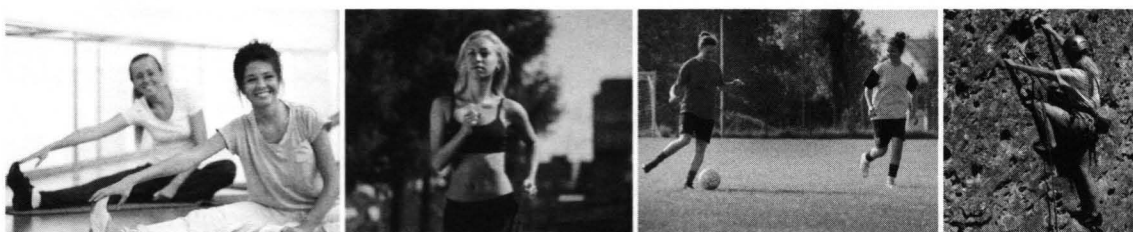


2 A healthy body

Aims: Talking about fitness, sports, health and diet
Pronunciation: Expressing enthusiasm | Expressing opinions | Collocations
Exam technique: Planning your answer

Vocabulary: Sports and fitness



- 1 Underline the phrases in sentences 1–3 that best describe your lifestyle or the lifestyle of people in your country.
 - 1 Most people in my country *think it is important to keep fit/don't really do anything specific to keep in shape.*
 - 2 I keep fit by *going jogging/going to the gym/walking everywhere.*
 - 3 *I work out all the time./I'm quite an active person./I never do any exercise.*

- 2 Underline the words or phrases in sentences 1–3 that best describe how you feel about sport.
 - 1 Watching sport is *tedious/entertaining/all right if there's nothing else on TV.*
 - 2 Playing sport is *exhilarating/good fun/exhausting/a great way to keep fit.*
 - 3 I'm *quite into sport/fanatical about sport/not the least bit interested in sport.*

- 3 Write three examples of the types of sport 1–5.

1 contact sports			
2 water sports			
3 extreme sports			
4 team sports			
5 individual sports			