

VOCABULARY

Staying fit

LEVEL

Elementary (A2)

NUMBER

EN_A2_1101V

LANGUAGE

English



Learning outcomes

- I can recognise and recall vocabulary related to staying fit.
- I can talk about my exercise habits in simple terms.



Vocabulary

to gain weight



When I eat too much food, I **gain weight**.

to lose weight



When I go on a diet, I **lose weight**.



Vocabulary

overweight



I am getting bigger. Now I am **overweight**.

fit



I do a lot of sports. I am **fit**.

”

tired



After I go for a run, I feel tired.



Read the sentences



This year, I want to **lose weight** and get **fit** again.

Right now, I am a little **overweight**.



I always **gain weight** over the holiday period!

When I finish work, I feel quite **tired**.





Find the opposite



to gain weight

to _____ weight



Find the opposite



I am overweight

I am _____





Fill in the gaps

Choose the correct word below.

1. At the start of the year, I was quite _____ and healthy. I am 1.6 m tall and I weighed 50 kg.
2. I _____ a bit of weight this year. At the moment, I weigh around 57 kg.
3. For my height, I am now a bit _____.
4. I would like to _____ those 7 kilos and go back to my normal weight.



overweight

fit

gained

lose



**What are three
easy ways to
stay fit?**

Share your ideas!





Vocabulary

to exercise



I try to **exercise** at least twice a week.

to go to the gym



John always **goes to the gym** after work.



Vocabulary

to go for a walk



I **go for a walk** with my partner every evening.

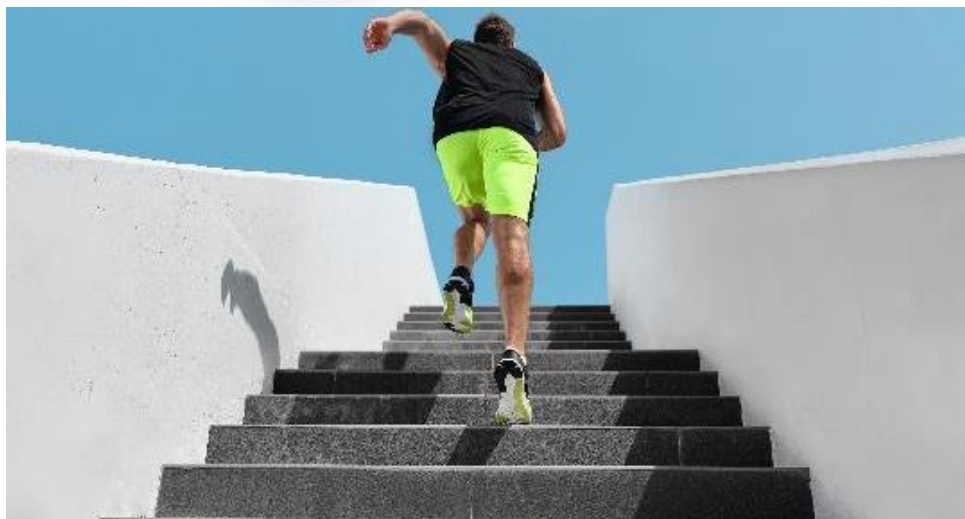
to go jogging



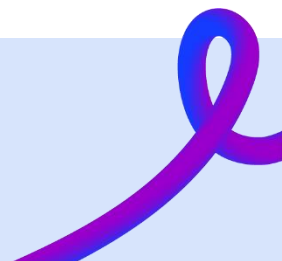
I like **going jogging** by the beach.



to get in shape



Going for a run helped me to **get in shape**.





Read the sentences



My goal for this year is to **get in shape**.

Tina **goes jogging** every morning before work.



My wife and I **went for a walk** yesterday evening.

I don't like **going to the gym**. I prefer **exercising** at home.





Fill in the gaps

Choose the correct word.

1 I try to go to the _____ at least three times per week.

2 My sister prefers going _____, especially in the park.

3 My parents love going for long _____ down by the sea.

4 It's hard to find time to _____. I work a lot!

5 Last year, I had a baby. I needed 4 months to get back _____.

walks
in shape
jogging
gym
exercise



When was the last time you went...

...to the gym?



...on a nice walk?

...jogging?



Do you prefer...?

Ask a classmate in **breakout rooms**. **Share** their preferences afterwards.

...going to the gym
or exercising at home?

...going for a walk
or going jogging?

...exercising alone
or with a friend?

Give your reasons!



Vocabulary

to get exercise



It's important **to get** enough **exercise**.

to work out



I usually **work out** at the gym with a group of friends.



Vocabulary

to have energy



I'm a busy parent. I need **to have** lots of **energy**!

to build muscle



Tim wants to **build** a lot of **muscle**.

strong



Jane can easily lift 40 kg. She is very **strong**.



Read the sentences



I don't **get** enough **exercise**. I only watch TV!

John **works out** every day. He's **building** a lot of **muscle**.



I **have** lots of **energy** when I go for a run.

Phil can carry three heavy suitcases. He is so **strong**!



Match with the correct verb



... in shape



... for a walk



... tired



... fit



... exercise



... to the gym



... energy



... jogging

to get ...

to have ...

to go ...



Choose the correct word

1. I *gain/get* a lot of exercise every week to make sure I *stay/go* fit.
2. I *go/get* to the gym in the evenings. I also go *walk/jogging* at least twice a week.
3. My friend Sophie and I are *going/getting* in shape. We *work/go* out together at the gym.
4. I *have/get* a lot more energy now than I did before I started exercising.
5. It's important for me to be *overweight/fit* and healthy. I want to look after myself!





How about you?

Choose a card. **Ask** a classmate.

How often do you
exercise?

What kinds of exercise
do you like doing?

What kinds of exercise
do you not like doing?

Do you usually have a
lot of energy or do you
always feel tired?



End of the lesson

Idiom

as fit as a fiddle

Meaning: to be strong and in very good health

Example: My grandma's 92, but she's **as fit as a fiddle**.



Additional practice



Match the sentences



1 When I go jogging, I get...

2 I like to go for...

3 When I get a lot of exercise, I have...

4 I go to the gym and...

5 I lift weights to build...

6 I get in...

a a walk after dinner.

b work out.

c tired after half an hour.

d muscle.

e shape by exercising every day.

f a lot of energy.



Speaking



**Going to the gym
is a waste of money!**

Do you agree or
disagree?

Why?

How much does
gym membership
cost where you live?





Read Tim's statement



Tim

I'm too busy to exercise. I have no time!

That's no excuse! What you need to do is...



You

What **advice**
can you give Tim?

Write down
three ideas for him.

Role-play the conversation
with a classmate.



Answer key

- P. 7:** lose
- P. 8:** fit
- P. 9:** 1. fit, 2. gained, 3. overweight, 4. lose
- P. 15:** 1. gym
2. jogging
3. walks
4. exercise
5. in shape
- P. 22:** **to get:** in shape, tired, fit, exercise;
to have: energy;
to go: for a walk, to the gym, jogging
- P. 23:** 1. get, stay
2. go, jogging
3. getting, work
4. have
5. fit



Answer key

P. 28: 1. c, 2. a, 3. f, 4. b, 5. d, 6. e



Summary

Health and fitness

- *to gain weight; to lose weight;*
- *overweight; fit; tired; strong*
- *to exercise; to work out; to build muscle*

To get, to have or to go?

- **to get:** *in shape; tired; fit; some exercise*
- **to have:** *energy*
- **to go:** *for a walk; to the gym; jogging*



Vocabulary

to gain weight

to lose weight

overweight

fit

tired

to exercise

to go to the gym

to get in shape

to go jogging

to go for a walk

to get exercise

to work out

to have energy

to build muscle

strong

