

COMMUNICATION

Discussing fitness trends

LEVEL

Intermediate (B1)

NUMBER

EN_B1_2013X

LANGUAGE

English

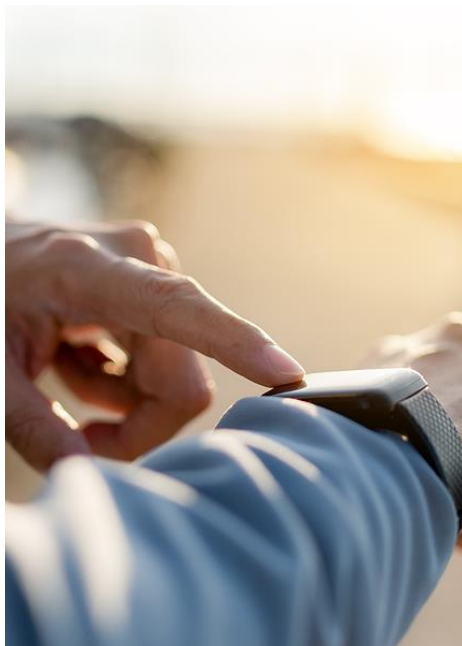
Learning outcomes

- I can use the present continuous to talk about current fitness trends.
- I can discuss popular lifestyle trends I know about and whether I follow them or not.



Warm-up

Match the words below, which are from the text on slide 4, to their definitions.
Complete the prediction activity in the yellow box.



1 a trend

2 breath

3 meditation

4 a device

5 a gym membership

a air that you breathe in and out of your lungs

b money you pay to be able to use the gym facilities

c a changing or developing situation

d the activity of focusing your mind to become calm

e a piece of equipment, usually technological

You are going to read **a text about fitness trends**. Take 30 seconds to write down **a prediction** about the text. Share your prediction with your classmates.

Reading

Read the article below, from the **health and lifestyle section** of a magazine. Were any of your predictions correct?

This year's hottest fitness trends!

How do you keep fit? Have you been following these fitness trends?

(a) People are starting to understand fitness as more than just physical exercise. The current trend towards looking after your mind as well as your body means that activities like yoga and Pilates, which focus on combining movement and breath, are becoming ever more popular. People are also increasingly using meditation and mindfulness

apps to help reduce stress.

(b) The fitness technology market is growing too. Sales of devices that you can wear are increasing each year. Many people now use these devices, like smartwatches, to track their progress and monitor their health data.

(c) These days, there are more opportunities than ever to get fit at home. The fitness industry is changing — influencers and fitness gurus are creating video



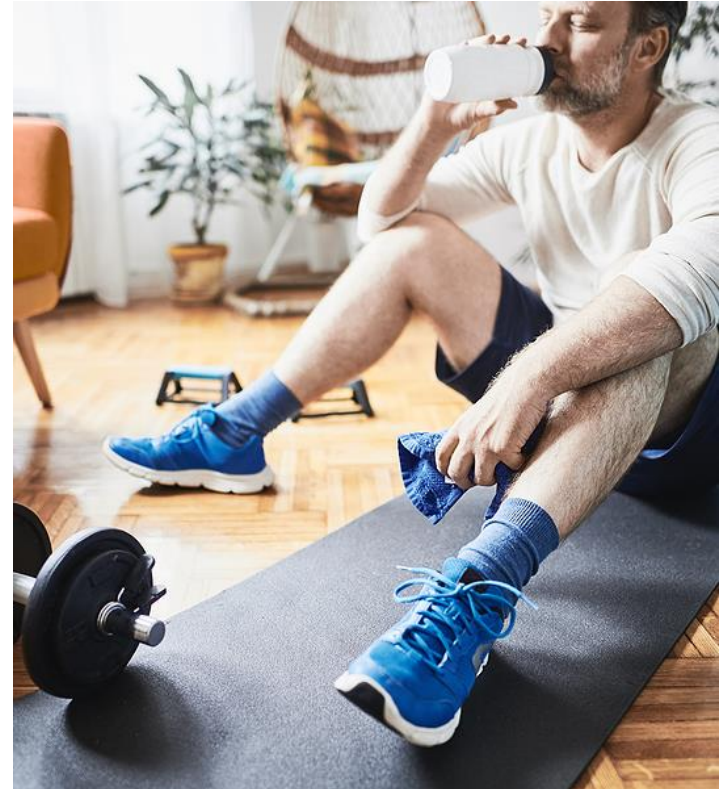
content and releasing their own fitness apps. More and more people are doing at-home workouts instead of paying for expensive gym memberships.

Match the headings with the text

Read the titles below, which are taken from the text.

Match a title to the correct text section: (a), (b) or (c).

- 1 There has been an increase in sales of fitness technology that you can wear
- 2 More people are working out at home
- 3 People are starting to understand how important it is to look after your mind *and* body





Reading comprehension

Answer the questions below about the text on slide 4.

- 1 Name two activities mentioned in section (a) of the text.
- 2 What kind of apps can be used to reduce stress, according to the text?
- 3 Name a fitness device mentioned in section (b) of the text.
- 4 What can you do with one of these fitness devices?
- 5 Why might people choose not to buy a gym membership, according to the text?



Health and fitness phrases

Match the verbs on the left with a word or phrase on the right.
Choose one phrase and **build a sentence**.

1 **to do**

a your progress

2 **to track**

b fit

3 **to keep**

c stress

4 **to get**

d a workout

5 **to reduce**

e fit

Discussing fitness trends



at-home workout

fitness guru

Do you like to do **at-home workouts**?
Why or why not?

Are there any well-known **fitness gurus**
in your country?
What are they known for?

Talking about trends

Read the **examples** below from the article on slide 4. **Complete** the blue boxes.

People **are** increasingly **using** meditation and mindfulness apps.

The fitness technology market **is growing**.

More and more people **are doing** at-home workouts.

- Which **present tense** is used in these examples?
- What is the **auxiliary verb** for this tense?

to _____

- We can use the _____ tense to talk about **a changing situation** (for example, a trend).
- What **other words or phrases** in the sentences above help us to **describe a changing situation or trend**? Find two examples.

Article

Find more example sentences that use the **present continuous** to describe a changing situation.

Current fitness trends

How do you keep fit? Have you been following these fitness trends?

(a) People are starting to understand fitness as more than just physical exercise. The current trend towards looking after your mind as well as your body means that activities like yoga and Pilates, which focus on combining movement and breath, are becoming ever more popular. People are also increasingly using meditation and mindfulness apps to help reduce stress.

(b) The fitness technology market is growing too. Sales of devices that you can wear are increasing each year. Many people now use these devices, like smartwatches, to track their progress and monitor their health data.

(c) These days, there are more opportunities than ever to get fit at home. The fitness industry is changing — influencers and fitness gurus are creating video



content and releasing their own fitness apps. More and more people are doing at-home workouts instead of paying for expensive gym memberships.



Talking about fitness trends

Discuss these four statements as a class. Do you agree with them?

1



Yoga and Pilates, which focus on combining movement and breath, are becoming ever more popular.

2



People are increasingly using meditation and mindfulness apps.

3



These days, there are more opportunities than ever to get fit.

4



More and more people are doing at-home workouts instead of paying for expensive gym memberships.



Time to talk!

Ask and answer some of the questions below.

Option: Use **breakout rooms** and **share** what you found out about your partner afterwards!



- How important is it to you to keep fit?
- How did your parents' generation keep fit?
- Do you listen to music when you do a workout?
- Do you use any fitness devices?
- How do you look after your mind and body?
- Do you use any meditation and mindfulness apps?
- What advice would you give to somebody who wants to get fit, but doesn't want to spend a lot of money?
- Are you following any trends right now?



End of the lesson

Idiom

Fit as a fiddle

Meaning: to be very healthy – often used to describe older people

Example: My grandfather's 85 and he's still fit as a fiddle!



Additional practice



Discuss

Describe the **pictures** below. What are the people in the pictures doing?



Which of these activities
appeals to you the most?

Give a reason for your
answer.



Multiple choice



- 1 1. HIIT, or high intensity interval training, ...
- | | | | |
|------------------------------|----------------------------------|------------------------------------|----------------------------------|
| a. becomes ever more popular | b. is becoming ever more popular | c. becoming more than ever popular | d. is ever more becoming popular |
|------------------------------|----------------------------------|------------------------------------|----------------------------------|
- 2 There is a trend _____ working out with personal trainers to get the most benefit from exercise.
- | | | | |
|-------------|------------|-----------|------------|
| a. becoming | b. forward | c. moving | d. towards |
|-------------|------------|-----------|------------|
- 3 More and more people _____ out outside, so they don't need a gym membership.
- | | | | |
|---------------|----------|----------------|------------|
| a. is working | b. works | c. are working | d. to work |
|---------------|----------|----------------|------------|
- 4 People _____ exercise as medicine and doctors are telling their patients to get more exercise to be healthier and feel better.
- | | | | |
|----------------------------|--------------------------|-----------------------|-----------------------|
| a. are increasingly seeing | b. increasingly is doing | c. increasingly doing | d. doing increasingly |
|----------------------------|--------------------------|-----------------------|-----------------------|





Answer the questions

Have you heard of HIIT workouts? Do you agree that they're becoming ever more popular?

Have you ever worked out with a personal trainer? Why or why not?

Is it true that more and more people are exercising outside? What are the benefits?

Do doctors in your country sometimes tell their patients to exercise if they have health problems?



Match the sentences

Match the beginnings of the sentences with the endings.

1 Companies are offering meditation classes...

2 More and more people are cancelling...

3 Fitness gurus can help people do at-home workouts but...

4 Using a device to track your progress is a good way...

5 The trend towards looking after your mind and...

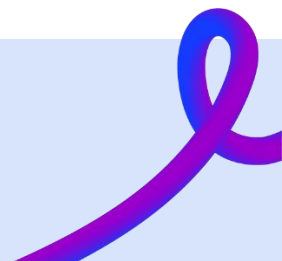
a their gym membership and changing to online workouts.

b to see if your fitness is improving.

c your body is here to stay.

d to help their employees reduce stress.

e it is important to check they are qualified.





Writing about trends in your country

Write **three sentences** about **trends** in any area of life that you see happening in your country. Look at the example for an idea to get you started.

More and more people are shopping at small businesses instead of big corporations.





Answer key

P.3: 1. (c) 2. (a) 3. (d) 4. (e) 5. (b)

P.5: 1. (b) 2. (c) 3. (a)

P. 6:

1. Yoga/Pilates/meditation/mindfulness

2. meditation and mindfulness apps

3. smartwatch

4. track (your) progress; monitor (your) health data

5. Gym memberships are expensive

P.7: 1. (d) 2. (a) 3. (b)/(e) 4. (b)/(e) 5. (c)

P. 9: 1. Present continuous 2. to be 3. present continuous 4. increasingly; more and more people

Additional practice

P.17: 1. (b) 2. (d) 3. (c) 4. (a)

P.19: 1. (d) 2. (a) 3. (e) 4. (b) 5. (c)



Summary

Present continuous

- We can use the present continuous tense to talk about **a changing situation** (for example, a trend).

Talking about trends

- Verbs: to grow, to become, to start, to increase

Talking about trends

- Vocabulary and phrases: increasingly, more and more people, There are (more opportunities) than ever to do..., to become (ever) more popular, a trend towards...

Fitness collocations

- to get fit, to keep fit, to reduce stress, to do a workout, to track (your) progress, to monitor (your) health, to look after (your mind and body)



Vocabulary

trend

breath

meditation

device

gym membership

fitness

exercise

a trend towards...

to look after

to become (ever) more popular

increasingly

more and more (people)

There are more opportunities than ever

to track progress

to reduce stress

to do a workout

to get fit

to keep fit

at-home workout

fitness guru

