



Giving Advice

Asking for advice:

- Could you give me some advice...
- Could you suggest...
- I need some help...
- I wonder if you can...

Advice:

- You can...
- You should...
- I (would) suggest that you...
- If I were you, I would...
- Whenever I....
- First you can... and if that doesn't work ...
- Have you tried...
- How about...
- Why don't you...

Vocabulary for fitness:

- Get in shape
- Stay in Shape
- Get fit
- Lose weight
- Put on weight
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- Chubby
- A little extra
- Overweight
- Heavy
- Fat

Advice example:

I'm having a hard time losing weight, even though I don't overeat. Could you give me some advice?

Have you tried actually counting calories? If so, that's a great way to make sure you aren't overdoing it. Whenever I need to lose a few pounds, I keep track of all my meals in a diet journal. Anyway, you should definitely try that. If that doesn't work, you might try fasting, which I've been reading about lately. As far as exercise goes, you should definitely be doing some exercise every day. First, you can try going for a 30-minute run every morning, and if that doesn't seem to be working after a few weeks, go to the gym at least 3-4 times a week, and do both cardio and strength training.

Assignment:

Your friend wants to quit smoking, but has so far been unsuccessful. What advice would you give?