# Live better

# Not mp3) Lexical resource

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| --- |
| verb) crave sth /kreɪv/; noun) a craving for sth  1.[V-T](javascript:;)If you \*\*crave something\*\*, you want to have it very much with strong desire; be keen to get it. 渴望得到 **[ crave sh = be keen to get sth]** e.g.  There may be certain times of day when smokers crave their cigarette. 特别想叼上烟。 e.g. Don't eat everything you **crave**. Additionally, avoid fatty, oily, and salty foods. Instead, eat more healthily and drink lots of water.  2.[N-COUNT](javascript:;)渴求 **a craving for sth = a strong desire for sth**  e.g. a craving for smoking.  …对烟的渴求  e.g. a craving for coffee  V.S. [be keen to do sth]: wanting to do something or wanting something to happen very much  热衷的，渴望的，热切的 |
| **凡事要有度Everything in moderation.**   * [**Do everything in moderation**](file:///C:\Users\IBM_ADMIN\AppData\Local\Youdao\Dict\Application\7.5.2.0\resultui\dict\result.html?keyword=Do%20everything%20in%20moderation&lang=en)**做每件事情都要适度** * [**Remember Everything In Moderation**](file:///C:\Users\IBM_ADMIN\AppData\Local\Youdao\Dict\Application\7.5.2.0\resultui\dict\result.html?keyword=Remember%20Everything%20In%20Moderation&lang=en)**记得凡事适可而止** |
| 别什么事情都太较真 Don't take everything so seriously. |
| **[quality time ]**  [N-UNCOUNT](javascript:;)If people spend quality time together, they spend a period of time relaxing or doing things that they both enjoy, and not worrying about work or other responsibilities; the time that you spend giving someone your full attention, especially time that you spend with your children when you are not busy 珍贵时光，优质时间〔尤指全心照顾子女的时间〕  •  Today I can **[spend quality time with my family]** for a change.  今天我可以调剂一下，与我的家人一起享受天伦之乐了  •Do you **[spend enough quality time with your children]**? 你与孩子相处的时间够多吗？ |
| Technical) collocate with (词语〕组合，连用，搭配 ['kɒləkeɪt]; Noun) collocation [‚kɒlə'keɪʃ ə n]  1.[N-COUNT](javascript:;)In linguistics, a collocate of a particular word is another word which often occurs with that word. 搭配  2.[V-RECIP](javascript:;)In linguistics, if one word collocates with another, they often occur together; when words collocate, they are often used together and sound natural together 〔词语〕组合，连用，搭配 **[ collocate with]**  •  "Fast" collocates with "food."  “快”与“餐”搭配  Noun) collocation [‚kɒlə'keɪʃ ə n]  Technical: the way in which some words are often used together, or a particular combination of words used in this way 〔词语的〕组合，连用，搭配  •‘Commit a crime’ is a typical **collocation** in English. 一个典型的搭配。  •‘do an exercise routine` is a typical **collocation** in English. |
| 自相矛盾（的情况/ˈpærəˌdɒks/ paradox  1.[C] a paradox is situation that seems strange because it involves two ideas or qualities that are very different 自相矛盾（的情况）  e.g. **It’s a paradox that** in such a highly developed district, JiangNan in Seoul, there’s a **rundown area**  **破败的地区/slum贫民窟 inside** 在如此富有的国家却有这么多的贫穷现象，真是矛盾  2. [C] 悖论，似非而是的说法a paradox is a statement that seems impossible because it contains two opposing ideas that are both true  •The paradox is that fishermen would catch more fish if they fished less. 悖论就是: 如果渔夫减少捕鱼，反而会打到更多的鱼。  3.[U] the use of statements that are a paradox in writing or speech 悖论修辞  V.S. /ˈpærəˌdaɪs/ paradise; shopping paradise; food paradise/gourmet paradise  1. [N-PROPER](javascript:;)According to some religions, paradise is a wonderful place where people go after they die, if they have led good lives. 天堂  2. [N-VAR](javascript:;)You can refer to a place or situation that seems beautiful or perfect as paradise or a paradise. 乐园; 至福境地 **[shopping paradise; food paradise/gourmet paradise** /ˈɡʊəmeɪ/**]**  •  Bali is one of the world's great natural paradises.  巴厘岛是世界最大的自然乐园之一。 |
| [fleks] flex, flexible  1.[V-T](javascript:;)屈伸 (肌肉或身体某部分), 身体柔韧些If you **[flex your muscles or flex parts of your body],** you bend, move, or stretch them for a short time in order to exercise them, esp before you’re **doing an exercise routine (尤其在做日常锻炼之前) .**  e.g.  He slowly **flexed his muscles** and tried to stand.  他缓慢地 屈伸/活动了一下肌肉  e.g. On Mondays and Weds **(用复数表示‘每周一`)**, I’m doing yoga. I wanna **get into shape** 给身体塑性, additionally I’m also trying to **get more flexible**身体柔韧些; you know, **flex my old muscles**屈伸/活动了一下肌肉. What is more, on Tues and Fris, I join **an aerobics class** with his **personal trainer私教** to **improve my fitness增强我的体质**.  2.[N-VAR](javascript:;)A flex is an electric cable containing two or more wires that is connected to an electrical appliance, a flex is an electrical wire covered with plastic, used to connect electrical equipment to an electricity supply 〔电器用〕花线，皮线  3 **[flex your acting/singing/drawing muscles]: to show your ability to do something, especially your skill or power 展示自己的才能/才艺; 施展展示自己的才能/才艺〔尤指技艺或力量〕**  e.g. The role will allow her to **flex her acting muscles.** 这个角色使她能够施展自己的表演才能  e.g. **Hitting high notes飚高音** in this song allows her to **flex her singing muscles**. 施展自己的唱歌才能  V.S. **reflex, reflex action, reflexive pronoun (like myself, itself)** |
| [**增强sb’s的体质 improve sb’s fitness**]  e.g. I'd like to join **an aerobics class** to **improve my fitness 增强我的体质**.  e.g. On Mondays and Weds, I’m doing yoga bz I wanna **get into shape** 给身体塑性. Additionally, I’m also trying to **get more flexible**; you know, **flex my old muscles**屈伸/活动了一下肌肉. What is more, on Tues and Fris, I join **an aerobics class** with my **personal trainer私教** to **improve my fitness增强我的体质**. |
| 说到这儿了 On that note = Speaking of which,  Speaking of sth, xx |
| [gym的**私教: personal trainer**]  e.g. He exercises regularly with his **personal trainer.**  e.g. On Mondays and Weds, I’m doing yoga bz I wanna **get into shape** 给身体塑性. Additionally, I’m also trying to **get more flexible**; you know, **flex my old muscles**屈伸/活动了一下肌肉. What is more, on Tues and Fris, I join **an aerobics class** with my **personal trainer私教** to **improve my fitness增强我的体质**. |
| 胆固醇: choleste**rol**/kəˈlɛstəˌrɒl/  [N-UNCOUNT 不可数名词](javascript:;)Cholesterol is a substance that exists in the fat, tissues, and blood of all animals. Too much cholesterol in a person's blood can cause heart disease. 胆固醇  •  ...a dangerously high cholesterol level.   …一个危险的高胆固醇水平。  V.S.  protein /ˈprəʊtiːn/  [N-MASS](javascript:;)Protein is a substance found in food and drink such as meat, eggs, and milk. You need protein in order to grow and be healthy. 蛋白质  •  Fish was a major source of protein for the working man.  鱼曾是劳动者获取蛋白质的主要来源 |
| 有氧运动 (可接单数或复数形式的谓语动词) 英 [eə'**rəʊ**bɪks] 美 [ɛ'r**o**bɪks] aerobics  [N-UNCOUNT](javascript:;)Aerobics is a form of exercise which increases the amount of oxygen in your blood, and strengthens your heart and lungs. The verb that follows aerobics may be either singular or plural. 有氧运动 (可接单数或复数形式的谓语动词)  e.g  I'd like to join **an aerobics class** to **improve my fitness 增强我的体质**.  e.g. On Mondays and Weds, I’m doing yoga bz I wanna **get into shape** 给身体塑性. Additionally, I’m also trying to **get more flexible 屈伸**; you know, **flex my old muscles**屈伸/活动了一下肌肉. What is more, on Tues and Fris, I join **an aerobics class** with my **personal trainer私教** to **improve my fitness增强我的体质**. |
| /ˌkɑːdɪəʊˈvæskjʊlə/ cardiovascular; cardiac attack=heart attack; cardiac arrest  [ADJ](javascript:;)Cardiovascular means relating to the heart and blood vessels. 心血管的 **[ cardiovascular disease 心血管疾病; cardiovascular activities ]**  e.g. Smoking places you at serious risk of cardiovascular and respiratory disease /ˈrɛspərətərɪ/. In other words, smoking is the main **causative factors** in most diseases （疾病的）诱因.  **//respire; respiratory /ˈrɛspərətərɪ/,** [**ADJ**](javascript:;)**Respiratory means relating to breathing. 呼吸的** |
| **超重的 overweight /ˌəʊvəˈweɪt/ V.S. underweight**   1. [ADJ](javascript:;)Someone who is overweight weighs more than what is considered healthy or attractive. someone who is overweight is too heavy and fat〔人〕体重超常的，过重的，肥胖的e.g  Being even moderately overweight increases your risk of developing high blood pressure.  即便只是稍微超重也会增加你患上高血压的风险   e.g.He is slightly overweight. 他略微超重。   1. something such as a package that is overweight weighs more than it is supposed to weigh 〔包裹等〕超重的  e.g. My luggage was overweight by five kilos. 我的行李超重五公斤。   V.S.  underweight /ˌʌndəˈweɪt/  [ADJ](javascript:;)If someone is underweight, they are too thin, and therefore not healthy. 体重过轻的  •  Nearly a third of the children were severely underweight.  约有三分之一的孩子曾严重体重过轻 |
| * ***get*** *fit/become fit 变的fit = get more flexible, you know, flex my old muscles* * *stay fit=keep fit 保持fit* |
| * *I need to* ***get into shape 塑性，使体型好些;*** additionally, I’m also trying to ***get more flexible,*** you know, ***flex my old muscles*** by doing yoga and joining an aerobics class. What is more, I wanna ***improve my fitness 增强体质.*** * *He****'s in*** *really* ***good shape 身体体型很好*** * *I****'m*** *a little* ***out of shape 身体走形了*** |
| **[ I can't make it on <date> = I’m not available on <date>]**  e.g. SADIE: Monday**s**, Wednesday**s** and Friday**s** in the morning are good for me . **Are you available** ?  BRETT: No, sorry. **I can't make it on Wednesdays and Fridays**. Tuesdays and Thursdays are better for me.  SADIE: OK. How about Tuesdays, Thursdays and Saturdays, around 7 in the morning? |
| **[ decide on a schedule]**  e.g.  SADIE: So, we're going to start exercising **regularly** , right?  BRETT: Yes, we are. We just have to **decide *on* a** schedule **.** SADIE: Monday**s**, Wednesday**s** and Friday**s** in the morning are good for me . **Are you available** ?  BRETT: No, sorry. **I can't make it on <Wednesdays and Fridays>.** Tuesdays and Thursdays are better for me.  SADIE: OK. How about Tuesdays, Thursdays and Saturdays, around 7 in the morning?  BRETT: **That works for me .**  SADIE: Perfect! I'm excited. |

# Not mp3)Part 1) Collocation for getting fit

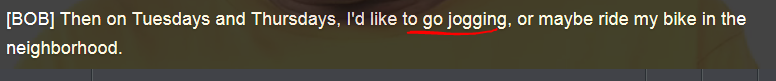
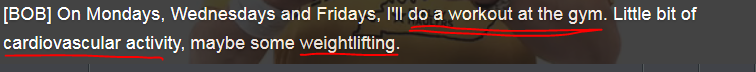
 给身体塑性

 做日常训练/锻炼





 收紧肌肉flex verb => flexible 



## Do an exercise routing做日常训练/锻炼

* do a workout in gym
* do exercise
* 做日常训练/锻炼do **an exercise routing;** start an exercise routine

e.g. But what about an exercise routine? 那日常锻炼呢？

e.g. What do you do for an exercise routine? 你有没有做什么日常训练/锻炼

Well, I do cardiovascular activity, do aerobics, do yoga, do weightlifting, do everything possible.

\* go jogging

\* do a workout ( in gym)

\* do cardiovascular activity

\* do aerobics

\* do yoga

\* do weightlifting

\* do everything possible

## **Get** fit V.S. stay fit, keep fit

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| Use **get +** adjective for talking about ways to stay fit. | | |
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|  | * ***get*** *fit/become fit 变的fit = get more flexible, you know, flex my old muscles* * *stay fit=keep fit 保持fit* |  |
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## Get into shape V.S. in good shape V.S. out of shape

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| get into shape, get more flexible, you know, flex my old muscles  The adjective **in good shape** means to be fit. The opposite is **out of shape**. Notice that because the adjectives describe a state, not a process, they are used with the verb **be**. | | |
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|  | * *I need to* ***get into shape 塑性，使体型好些;*** additionally, I’m also trying to ***get more flexible,*** you know, ***flex my old muscles*** by doing yoga and joining an aerobics class. What is more, I wanna ***improve my fitness 增强体质.*** * *He****'s in*** *really* ***good shape 身体体型很好****.* |  |
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|  | * *I****'m*** *a little* ***out of shape 身体走形了。*** |  |

I've got to do something to ***get into shape*** . I'***m overweight*** , and I feel tired all the time. And my muscles hurt when I wake up in the morning. I need to ***get more flexible，*** you know, ***flex my old muscles*** . So I'm going to ***do an exercise routine 做些日常锻炼***. I'm going to do some yoga and some ***cardiovascular activity***. I'm going to ***do everything possible*** to ***get fit***.

## Modals of possibility

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| Use the modals **may**, **might** and **could** to express possibility. Notice they are followed by the simple form of a verb. **May** and **might** have roughly the same meaning, though **may** is slightly more formal. | | |
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|  | *You* ***may lose*** *some weight from doing yoga.* |  |
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|  | *You* ***might sleep*** *better if you get more exercise.* |  |
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|  | *He* ***could strengthen*** *his heart with cardiovascular activity.* |  |
| Use **not** after the modal to form the negative. **May** and **might** are not usually contracted. | | |
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|  | *She* ***may not have*** *the strength to lift that much weight.* |  |
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|  | *Jogging* ***might not be*** *the best exercise for you.* |  |
| The negative form of **could** is usually contracted. Notice that **couldn't** has a different meaning from **may not** and **might not** because it signals the complete absence of possibility. | | |
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|  | *He* ***couldn't do*** *the new yoga exercise. He isn't flexible enough. So if you really wanna do yoga, you must* ***flex your old muscles . //If you flex your muscles or parts of your body, you bend, move, or stretch them for a short time in order to exercise them. 屈伸 (肌肉或身体某部分)*** |  |

## **French Paradox**

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| 自相矛盾（的情况）/ˈpærəˌdɒks/ paradox  1.[C] a paradox is situation that seems strange because it involves two ideas or qualities that are very different 自相矛盾（的情况）  e.g. **It’s a paradox that** in such a highly developed district, JangNan in Seoul, there’s a **rundown area**  **破败的地区/slum贫民窟 insid** 在如此富有的国家却有这么多的贫穷现象，真是矛盾  2. [C] 悖论，似非而是的说法a paradox is a statement that seems impossible because it contains two opposing ideas that are both true  •The paradox is that fishermen would catch more fish if they fished less. 悖论就是: 如果渔夫减少捕鱼，反而会打到更多的鱼。  3.[U] the use of statements that are a paradox in writing or speech 悖论修辞  V.S.  /ˈpærəˌdaɪs/ paradise; shopping paradise; food paradise/gourmet paradise  1. [N-PROPER](javascript:;)According to some religions, paradise is a wonderful place where people go after they die, if they have led good lives. 天堂  2. [N-VAR](javascript:;)You can refer to a place or situation that seems beautiful or perfect as paradise or a paradise. 乐园; 至福境地 **[shopping paradise; food paradise/gourmet paradise** /ˈɡʊəmeɪ/**]**  •  Bali is one of the world's great natural paradises.  巴厘岛是世界最大的自然乐园之一。 |

Many French people love eating cheese and French fries. French cooking often involves meat, rich sauces and **buttery desserts**. Usually when people eat a lot of fatty foods, there is a danger of heart and other health problems. This is true in a country like the United States. The **paradox** – or thing that doesn't make sense – is that the French suffer far less from these kinds of problems, compared with some other countries. This is the French paradox. No one is sure, but some believe it's due to red wine. Many doctors think a glass or two of red wine each day is good for the heart.

## Scheduling

e.g. 1

**Are you available** tomorrow morning?

Yes, I’m available all that day /Sorry, **I can't make it** tomorrow. How about Thursday?

Ok, I’ve **got you scheduled for** this Fri. afternoon.

e.g.2.

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| SADIE: So, we're going to start exercising **regularly /** do an exercise routine日常锻炼 , right?  BRETT: Yes, we are. We just have to **decide on a schedule .** SADIE: Monday**s**, Wednesday**s** and Friday**s** in the morning are good for me . **Are you available** ?  BRETT: No, sorry. **I can't make it on <Wednesdays and Fridays>.** Tuesdays and Thursdays are better for me.  SADIE: OK. How about Tuesdays, Thursdays and Saturdays, around 7 in the morning?  BRETT: **That works for me .**  SADIE: Perfect! I'm excited. |

e.g. On Mondays and Weds, I’m doing yoga. I wanna **get into shape** 给身体塑性, additionally I’m also trying to **get more flexible**; you know, **flex my old muscles**屈伸/活动了一下肌肉. What is more, on Tues and Fris, I join **an aerobics class** with his **personal trainer私教** to **improve my fitness增强我的体质**.

## Fitness goals

Talk about your **fitness goals** with your `personal trainer` in gym:

* lose weight bz I’m **overweight** **//be overweight V.S. be underweight**
* 给身体塑性 get into shape
* 把身体搞的柔韧些 get more flexible ; you know, **flex my old muscles**屈伸/活动了一下肌
* 增强我的体质: improve sb’s fitness  
  e.g. I'd like to join **an aerobics class** to **improve my fitness** 增强我的体质

e.g. On Mondays and Weds**(用复数表示‘每周一`)s**, I’m doing yoga. I wanna **get into shape** 给身体塑性, additionally I’m also trying to **get more flexible**; you know, **flex my old muscles**屈伸/活动了一下肌肉. What is more, on Tues and Fris, I join **an aerobics class** with his **personal trainer私教** to **improve my fitness增强我的体质**.

## Talk with a personal trainer (gym私教)

You are talking with **a personal trainer** about **getting fit** and **getting into shape身体塑性**. Talk about your **fitness goals,** and schedule time to meet with him.

# Part 2) Heathy living habits





But, you know, sometimes.



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| //verb) crave sth /kreɪv/; noun) a craving for sth  1.[V-T](javascript:;)If you \*\*crave something\*\*, you want to have it very much with strong desire; be keen to get it.  **[渴望得到crave sth = be keen to get sth]** e.g.  There may be certain times of day when smokers crave their cigarette. 特别想叼上烟。 e.g. Don't eat everything you **crave**. Additionally, avoid fatty, oily, and salty foods. Instead, eat more healthily and drink lots of water.  2.[N-COUNT](javascript:;)渴求 a craving for sth = a strong desire for sth  e**.g. a craving for smoking.  …对烟的渴求 E.g. a craving for coffee**  V.S. [be keen to do sth]: wanting to do something or wanting something to happen very much  热衷的，渴望的，热切的 |

## Collocations 〔词语的〕组合搭配for healthy habits

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| Technical) collocate with (词语〕组合，连用，搭配 ['kɒləkeɪt]; Noun) collocation [‚kɒlə'keɪʃ ə n]  1.[N-COUNT](javascript:;)In linguistics, a collocate of a particular word is another word which often occurs with that word. 搭配  2.[V-RECIP](javascript:;)In linguistics, if one word collocates with another, they often occur together; when words collocate, they are often used together and sound natural together 〔词语〕组合，连用，搭配 **[ collocate with]**  •  "Fast" collocates with "food."  “快”与“餐”搭配  Noun) collocation [‚kɒlə'keɪʃ ə n]  Technical: the way in which some words are often used together, or a particular combination of words used in this way 〔词语的〕组合搭配  •‘Commit a crime’ is a typical **collocation** in English. 一个典型的搭配。  •‘do an exercise routine` is a typical **collocation** in English. |
| quality time  [N-UNCOUNT](javascript:;)If people spend quality time together, they spend a period of time relaxing or doing things that they both enjoy, and not worrying about work or other responsibilities; the time that you spend giving someone your full attention, especially time that you spend with your children when you are not busy 珍贵时光，优质时间〔尤指全心照顾子女的时间〕  •  Today I can **[spend quality time with my family]** for a change.  今天我可以调剂一下，与我的家人一起享受天伦之乐了  •Do you **[spend enough quality time with your children]**? 你与孩子相处的时间够多吗？ |

 Use collocations like these to talk about a healthy way of life.

* Don't take everything so seriously. 别什么事情都太较真
* **Everything in moderation. 凡事要有度**

**\***[**Do everything in moderation**](file:///C:\Users\IBM_ADMIN\AppData\Local\Youdao\Dict\Application\7.5.2.0\resultui\dict\result.html?keyword=Do%20everything%20in%20moderation&lang=en)**做每件事情都要适度  
\***[**Remember Everything In Moderation**](file:///C:\Users\IBM_ADMIN\AppData\Local\Youdao\Dict\Application\7.5.2.0\resultui\dict\result.html?keyword=Remember%20Everything%20In%20Moderation&lang=en)**记得凡事适可而止**

* Maintain a healthy work-life balance.
* Make a lifestyle change.
* Stay motivated.
* Spend **quality time** with family.
* Exercise every day/ **Do an exercise routing 做日常锻炼**
* Get enough sleep.
* Don't eat everything you **crave**. Additionally, avoid fatty, oily, buttery, and salty foods. Instead, eat more healthily and drink lots of water.

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## Modals of obligation-Must/Have got to do

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| **'Must' and 'have to'** | | |
| Use the modals **have to** and **must** to express obligation. Notice that both are followed by the base form of the verb. | | |
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|  | *The doctor says I* ***have to stop*** *smoking. My health isn't good.* | The doctor says I have to stop smoking. My health isn't good. |
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|  | *I* ***must change*** *my lifestyle. I need to get fit.* | I must change my lifestyle. I need to get fit. |
| **Have to** can be replaced with **have got to**. | | |
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|  | *I****'ve got to exercise*** *more. I'm gaining a lot of weight.* | I've got to exercise more. I'm gaining a lot of weight. |
| There is no negative form of **have got to**; instead, use **don't have to**. | | |

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| **'Mustn't' and 'don't have to'** | | |
| The negative forms **mustn't** and **don't have to** have slightly different meanings. **Mustn't** means it's a very bad idea or it isn't allowed. **Don't have to** means you don't need to do something. | | |
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|  | *The doctor told her she* ***mustn't eat*** *so much fatty food.* | The doctor told her she mustn't eat so much fatty food. |
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|  | *He's so fit that he* ***doesn't have to watch*** *what he eats.* | He's so fit that he doesn't have to watch what he eats. |
| There is no past tense form of **must**; instead, use **had to**. | | |
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|  | *Last year I* ***had to*** *go on a diet. I was overweight.* | Last year I had to go on a diet. I was overweight. |

I saw the doctor yesterday. She said ***I have to*** change my lifestyle. I don't h***ave to*** lose weight, but I ***have to do*** some cardiovascular exercise for my heart. I agree with the doctor. ***I've got to do*** this for myself. Which means I really ***must*** stop smoking, and I ***mustn't*** drink so much alcohol.

## Talk about changes

## Give advice

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| **Giving advice** | | |
| There are many ways to give advice. It can be weak, moderate or strong. | | |
| **Weak advice** | | |
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|  | *What I do is go jogging in the morning.* | What I do is go jogging in the morning. |
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|  | *It's a good idea to make changes slowly.* | It's a good idea to make changes slowly. |
| **Moderate advice** | | |
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|  | *Why don't you exercise more?* | Why don't you exercise more? |
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|  | *You should eat healthier food.* | You should eat healthier food. |
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|  | *You might want to go to the gym after work.* | You might want to go to the gym after work. |

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| **Strong advice** | | |
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|  | *You had better make some changes in your life.* | You had better make some changes in your life. |
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|  | *He has to stop smoking.* | He has to stop smoking. |
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|  | *You must get some sleep!* | You must get some sleep! |

## Give lifestyle advice

# Part 3)

# Part 4 )