

Worksheet 5: “Keeping Fit?”

ANTES DE LA LECTURA

- 1 Think and answer: Is exercising important for you?
- 2 Analyse the expression “keep fit” with your teacher and try to make sentences using it.
- 3 Find cognates and English words related to sports and exercising. Make a list.

DURANTE LA AUDICIÓN

- 4 Listen carefully to Claudia’s golden rules and tick the sentences (out of the list) that you hear:

a. Don't eat too much and too quickly.	
d. Don't try too much exercise too soon.	
b. Wear comfortable clothes when you exercise.	
c. Don't smoke inside rooms.	
e. Rest for a few minutes after exercises.	
f. Everybody wants to keep fit.	
g. Always stop if you feel any pain.	

- 5 Answer True and False according to the text:
 - a. Smoking is one of the golden rules. _____
 - b. Resting is necessary if you don't feel well. _____
 - c. To eat a lot is not good for our health. _____
 - d. Comfortable clothes are important for exercising. _____

DESPUÉS DE LA AUDICIÓN

6. Make a survey in the group to see how many people in the class exercise.

Some questions you can ask:

- a. Do you exercise regularly? How often?
- b. How important is good health to you?
- c. What are the best ways of keeping fit and healthy?

EXPRESIÓN ESCRITA

7. Work with a classmate. Design a keeping fit plan. Use imperatives.