

3 Fit as a fiddle

Reading identifying key information; matching prompts to text

1 Read the Exam Reminder. Are these sentences true (T) or false (F)?

- 1 You should read the text first. ___
- 2 You need to match only one question to each section of the text. ___
- 3 The words in the text and in the questions will not be exactly the same. ___

Exam REMINDER

Identifying key information

- In multiple matching tasks, you have to match the different sections of a text with a number of questions.
- When doing a multiple matching task, it helps to read the questions before reading the text and underline the key words.
- When reading the text, look for synonyms of the key words you underlined in the questions.

2 Now complete the Exam Task.

Exam TASK

Matching prompts to text

You are going to read an article about tips for a healthy lifestyle. For questions 1–10, choose from the sections (A–D). The sections may be chosen more than once.

Which section mentions ...

- 1 a suggestion to throw away unnecessary items? ___
- 2 starting from your final objectives? ___
- 3 the need to use less technology? ___
- 4 the importance of resting well? ___
- 5 doing exercise to concentrate better? ___
- 6 a person who doesn't stand up much? ___
- 7 avoiding comparisons? ___
- 8 the importance of not missing appointments? ___
- 9 taking your time to look around you in the morning? ___
- 10 a choice when buying something? ___

Wellness tips

1 We spoke to four healthy lifestyle gurus about what they do to keep body and mind fit.

A Dr Justine Grusso, Psychologist

Dr Grusso teaches and practises self-care when getting up. 'It is so easy to be "on autopilot" and jump out of bed in the morning and rush into the day', she says. Instead, she spends a few moments outside to observe nature around the house and to feel the ground under her feet. Having this type of morning routine prepares us for the day and sends a positive message to our body and mind: that we are in control and worth taking care of.

At work, Dr Grusso spends most of the day sitting, so she does short exercises like dancing and shaking her arms and legs to keep her body active.

B Glen John Jones, Personal trainer

Glen believes in something called 'reverse engineering'. This is when you picture yourself achieving a goal and work back through each stage to understand how you'll achieve that goal. 'Connect the dots from where you want to be, to where you are now and break it down into stages.' This approach helps you to see each workout as part of an end goal, which is much more motivating.

He also uses the phrase 'You don't have to be perfect, you just have to be consistent' when teaching his clients the benefits of attending every class that they've scheduled, even if they're not feeling like it.

As a vegan, Glen knows the importance of a balanced diet to get enough protein for his workouts, but also reminds his clients that other factors such as having good quality sleep and recovering between sessions are just as important for your fitness.

C Matthew Mileo, Yoga instructor

30 Matthew always goes out for a walk with his dog in the morning and then exercises in the gym. His fitness routine usually includes yoga, boxing or swimming. 'I find that these three activities work best for me, as they clear my mind and improve my concentration', he says.

When teaching yoga, he always tells his students to avoid looking around the room and to focus on themselves instead. That way, you're not comparing yourself to others or waiting for their approval.

1 **3.1** ▶ Listen to six situations. Match the speakers (A–F) with the sentences (1–6). Who ...

- 1 has cut something out of their diet? ____
- 2 is trying to lose weight? ____
- 3 is doing yoga? ____
- 4 is recovering from an injury? ____
- 5 is about to have an operation? ____
- 6 is in pain? ____

2 Complete the conversation with the correct word. The first letter has been given.

A: I really need to change my lifestyle before I end up in the ¹**e** _____ department at hospital! You know all about ²**f** _____ and health: what do you do?

B: Well, I go ³**r** _____ every morning for at least ten kilometres and I have an exercise ⁴**b** _____ at home, but nothing can replace going to the ⁵**g** _____ every day to work out.

A: Wow, that's a lot!

B: Yeah. But make sure you have a balanced ⁶**d** _____ so your body has the energy for all this, otherwise you might feel ill or experience other ⁷**s** _____ of over exercising.

A: Got it, thanks!

40 At home, he recommends turning cleaning into an enjoyable activity: prepare the atmosphere with some music and candles, then as you clean, decide what things you don't need any longer and get rid of them.

D Carissa Galloway, Dietician

Carissa believes in eating the best you can when you can, depending on your routine. She also suggests choosing plant-based products as an alternative to too much meat in our diet. 'The first question to ask yourself is if you're looking for an alternative that's as healthy as possible or if you want something that is as close to tasting like meat as possible', Carissa says.

50 Then start with recipes that you used to prepare with meat so that you keep to flavours you already love.

Carissa also recommends giving yourself at least two one-hour breaks from social media a day and using this time to connect with your family.

3 Complete the text with these words.

health illnesses medicine pain
patients recover stress treat

Unusual healing methods

Would you try one of these alternative therapies?

Float tanks are where you lie in a closed pod in body-temperature water, without any light or sound. This treatment can help patients ¹ _____ from injuries and reduce stress, anxiety and other mental ² _____.

If you suffer from ³ _____ or anxiety, you might try **progressive muscle relaxation**. It is thought to help people in ⁴ _____ and those who find it difficult to sleep.

People who practise **nutritional healing** believe that food is ⁵ _____ and that eating the right foods such as plenty of fruit and vegetables can improve people's ⁶ _____.

Some doctors are now recommending **cryotherapy** to their ⁷ _____. It basically consists of exposing parts of your body (or all of it!) to freezing temperatures (-120°C) for a few seconds to ⁸ _____ sore muscles and even improve sleep quality.



Grammar 1 present perfect simple and present perfect continuous; *for, since, lately, already, yet* and *still*

1 Choose the correct option to complete the sentences.

- I've *already done / been doing* 12,000 steps today.
- I've *thought / been thinking* about joining a gym. Do you want to come with me?
- You haven't *drunk / been drinking* enough water lately. Would you like some now?
- I've *had / been having* this exercise bike for ages, but never used it. Do you want it?
- A: 'How long have we *run / been running*?
An hour?'
B: 'Um, no, just 10 minutes ...'
- Have you *felt / been feeling* pain or any other symptoms recently?

2 Complete the sentences with the present perfect simple or the present perfect continuous form of the verbs in brackets.

- I _____ all morning, and I _____ over one hundred pages so far! (read)
- Pedro _____ nearly twenty kilometres because he _____ for hours. (walk)
- Francis _____ TV since nine o'clock this morning; he _____ four films. (watch)
- Maria _____ to the gym for a few months; in fact, she _____ there now. (go)
- Erik _____ his new cooking show for weeks; he _____ five episodes already. (film)
- Ian _____ since he was six and he _____ in three Olympic Games. (swim)

3 Complete the conversations with these words.

already for lately since still yet

- A: Have you been going to the gym ¹ _____ ?
 B: To be honest, I haven't been there ² _____ two months.
 A: I've been feeling a lot of pain in my knee ³ _____ we played volleyball the other day.
 B: Oh, dear. Have you been to the doctor ⁴ _____ ?
 A: I ⁵ _____ haven't reached my ideal fitness level.
 B: We've ⁶ _____ talked about this. It takes time.

4 Complete the article. Use one word in each gap.

At sixteen, Tom has been running ¹ _____ as long as he can remember. He ² _____ always been sporty, but now he finds that running is his main exercise. 'There are no excuses – you just put on your tracksuit, warm up and off you go. You can go running whenever it suits you. I ³ _____ even run in the dark, with some reflective clothing so that people can see me. Some people don't like bad weather, but I don't mind it. I have ⁴ _____ run in snow, wearing special shoes with spikes.' Tom has ⁵ _____ pushing himself harder and has started trail running recently. 'I haven't been up a mountain ⁶ _____, but I've ⁷ _____ part in some hill running races and I'm really pleased with my progress.' What's next for Tom? 'I ⁸ _____ haven't done a half-marathon – that's my next goal'.

5 Complete the second sentence using the present perfect simple or continuous of the verb in brackets. Add *for* or *since* where necessary.

- That gym opened two months ago.
That gym _____ two months. (be)
- I started yoga last year.
I _____ a year. (do)
- Rowena learned to swim when she was three.
Rowena _____ she was three. (swim)
- When did Anders start tennis lessons?
How long _____ tennis lessons? (have)
- The acupuncturist started the treatment on my back two weeks ago.
The acupuncturist _____ two weeks. (treat)



Listening thinking about the missing words; complete the sentences

1 Read the Exam Reminder. Are these sentences true (T) or false (F)?

- 1 You should try to predict what the answers will be. ___
- 2 You can only write one word per gap. ___
- 3 You should write numbers as words. ___

Exam REMINDER

Thinking about the missing words

- Read the questions to find out about what you will listen to.
- Think of possible answers or even just what type of word fits (e.g. verb, noun, etc.).
- You only have to write up to three words, and you can write numbers or dates in figures.

2 **3.2** Now listen and complete the Exam Task.

Exam TASK

Complete the sentences

You will hear someone talking about online fitness platforms. For questions 1–10, complete the sentences with a short word or phrase.

- 1 Viktor says that doing exercise is increasingly turning into a _____.
- 2 The digital fitness business in the United States made \$ _____ billion in 2019.
- 3 There will be twice as many people using wearable fitness devices in only _____.
- 4 People are finding it harder and harder to _____ to look after themselves.
- 5 You can get advice and support by joining _____ formed by athletes.
- 6 The more _____ members like comparing how well they perform with others.
- 7 In live sessions, you can check the total number of _____ burned or track your heart rate.
- 8 Doing exercise became a lot more _____ by using Artificial Intelligence.
- 9 A unique fitness journey is planned based on a combination of how often members work out and what their _____ are.
- 10 Viktor considers _____ to be the most important benefit of online fitness.

Grammar 2 countable and uncountable nouns; quantifiers

1 Complete the table with the nouns in bold.

How much **thought** do you put into your **diet**? Here are a few simple **tips** for a healthy diet.

- Carbohydrates should make up about a third of your plate of food. Carbohydrates are found in potatoes, **bread**, rice and **pasta**.
- **Fish** is good for you, especially white fish like cod and sea bass.
- If you eat **meat**, cut off the fat you can see.
- Try to include as many **portions** of **fruit** and vegetables a day as you can.
- Make sure you drink at least six glasses of **water** every day.

Countable	Uncountable	Both

2 Choose the correct option to complete the article.

(1) *Many / Much* people enjoy pancakes for breakfast. They are very filling and give you (2) *lots of / many* energy.

My favourite pancake recipe is a bit unusual because you have to add a (3) *lot / few* of yoghurt to the mixture, but that's what gives it a deliciously creamy texture. It's easy to make too. You only need yoghurt, (4) *- / a few* eggs, some milk, a bit of oil, a (5) *few / little* flour and just a teaspoon of vanilla. Mix everything up in a blender and then pour a (6) *piece / little* of the mixture at a time into a pan and cook. You can serve the pancakes with a (7) *few / little* fresh strawberries or raspberries and some honey. Because of the eggs and the yoghurt, these pancakes are high in protein. They're certainly better than a boring (8) *slice / bar* of toast for breakfast!



Use your English

prepositions; idioms; checking your sentences make sense;
sentence transformation

1 Complete the article with these prepositions.

against of on over to with

How to be a centenarian

Do you want to live to ¹ _____ one hundred and stay healthy? If you do, here are some things you might want to start doing now!

- Become a member ² _____ various social groups. Living longer depends a lot ³ _____ your connections.
- Work ⁴ _____ your mental fitness by doing sudoku and other puzzles. That will help protect your mind ⁵ _____ dementia and other mental illnesses.
- Focus ⁶ _____ trying not to worry too much about everything. Stress contributes significantly ⁷ _____ an early death.
- Friendship is very important. Spend time ⁸ _____ your friends. Go shopping, watch a match and enjoy each other's company.



2 **3.3** Listen. Tick the sentence that matches what the speaker says.

- Jason is still feeling ill. _____
Jason is feeling much better. _____
- The woman's grandad does some exercise every day. _____
The woman's grandad is not very healthy for his age. _____
- The man hopes to feel better next week. _____
The man is leaving his job. _____
- The woman can't use her car at all. _____
The woman can use her car for short journeys. _____
- The man thinks the car could be fixed. _____
The man suggests buying a new car. _____

3 Read the Exam Reminder. What should you do with the key word?

Exam REMINDER

Checking your sentences make sense

- When doing sentence-transformation tasks, read your sentence to see if it makes sense and check it has a similar meaning to the original sentence.
- Make sure you have used the key word without changing it.

4 Now complete the Exam Task.

Exam TASK

Sentence transformation

For questions 1–6, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words, including the word given.

- My grandmother's level of fitness is great, even though she's nearly eighty!
FIDDLE
My grandmother's _____, even though she's nearly eighty.
- After a long period of illness, Jake is finally recovering.
MEND
After a long period of illness, Jake _____.
- I haven't been feeling very well lately.
WEATHER
I've been feeling _____ lately.
- Becoming a grandfather made Adam more energetic and active.
LEASE
Becoming a grandfather _____ of life.
- By the time we got back to the hotel, I was absolutely exhausted.
LAST
By the time we got back to the hotel, I _____.
- I always find that doing yoga makes me feel energetic again.
BATTERIES
I always find that doing yoga _____.

Writing

giving advice; giving effective advice, writing an article

Learning REMINDER

Giving advice

- When giving advice in your writing, don't be too critical. Use a light-hearted tone that makes the reader trust you.
- Use a variety of phrases to give advice.

1 Write the words in order to complete the sentences.

- 1 _____ a teenager and are feeling a bit stressed out. (worry / you're / if / Don't)
- 2 _____ spend some time on your self-care every single day. (you / to / sure / Try / make)
- 3 _____ too much though. (try / Don't / plan / to)
- 4 _____ ten to fifteen minutes a day? (you / start / don't / Why / with)
- 5 _____ for your mental health too. (something / about / doing / Think)
- 6 _____ some meditation or mindfulness exercises. (always / You / do / could)

2 Read the writing task below and then answer the questions.

These days, teenagers are busier than ever and say that they often feel very tired. Do you have any good advice to help other students have more energy? Write an article. We will publish the best ones next month. (140–190 words)

- 1 Who will read your article? _____
- 2 Why are teenagers tired? _____
- 3 What will you advise them on? _____

3 Read the notes and the model article. Choose the correct options.

Give yourself an energy boost!

Are you so busy with school and friends that you feel tired all the time? **(1)** *Here are some great tips / This is what you must do* to help you beat that tired feeling and give you loads of energy!

(2) *You always try to do too much! / Make sure you get enough rest.* Try to get at least eight hours of sleep a night. Also, during the day, make sure that you find time for relaxation, by listening to music for example.

Give your body time to recharge its batteries. **(3)** *A balanced diet is great for your energy levels. / Obviously, you'll feel bad if you eat unhealthy food all the time.* We all know that junk food is bad for you; it doesn't contain much nutrition or give you enough energy. Fresh, healthy food, on the other hand, gives you an energy boost.

Finally, don't forget to exercise! It will get your heart going and make you feel great!

(4) *You could ride your bike to school / Everyone should ride their bike to school or take up a sport.* As long as you do it regularly, you'll feel much better.

Build up your energy levels again by following these three easy tips.

Notes

- Include a headline.
- Introduce the theme of the article.
- Discuss the first tip and its benefits.
- Discuss the second tip and its benefits.
- Discuss the third tip and its benefits.
- Conclude with a general statement and briefly refer back to the tips.

4 Read the Exam Reminder. Tick the things you should include when giving advice.

- a serious tone _____
- reasons for advice _____
- risks if they don't do what you say _____
- positive results _____

Exam REMINDER

Giving effective advice

- When giving advice, make sure you write in a friendly and positive tone.
- Don't forget to give reasons for your advice, focusing on the positive results.

5 Now read and complete the Exam Task below in 140–190 words. Use the Useful Language on page 39 of your Student's Book. You can also use the expressions and ideas from Exercise 1 and the notes below.

Exam TASK

Writing an article

You read this announcement on a health and fitness blog:

Nowadays, many teenagers are feeling constantly stressed because of academic pressures and can't find the time to exercise properly. What would you suggest they do for better self-care, both physically and mentally?

We'll publish the best articles on our blog.