

# Lesson 68

## I like to stay in shape.

**Target:** Having a conversation about fitness.

### Vocabulary

単語

### Fitness



### Related vocabulary

- |                                  |                            |                                    |
|----------------------------------|----------------------------|------------------------------------|
| - to be <b>fit / unfit</b>       | - to <b>stretch up</b>     | - a <b>regimen</b>                 |
| - to be <b>in / out of shape</b> | - <b>flexibility</b>       | - to <b>burn fat / calories</b>    |
| - to <b>get into shape</b>       | - to <b>do the splits</b>  | - <b>metabolism</b>                |
| - to <b>stay in shape</b>        | - to <b>pull a muscle</b>  | - to <b>go on a diet / to diet</b> |
| - to <b>get back into shape</b>  | - to be <b>vigorous</b>    | - to <b>cut down on...</b>         |
| - to <b>gain / put on weight</b> | - to be <b>aerobic</b>     | - <b>Body-Mass Index (BMI)</b>     |
| - to <b>lose / drop weight</b>   | - to <b>have endurance</b> | - <b>nutrition</b>                 |

### Conversation

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**1** Use the questions below to have a conversation with your partner about the topic

#### Partner #1: Questions

- Are you in shape or out of shape? Are any of your friends fit / unfit?
- How often do you work out? How long is your workout usually?
- What kind of exercise do you usually do? What exercises do you like to do?
- What's the best way to burn calories?
- How many calories do you usually burn in a single session?
- What are some of the best ways of getting into shape?
- How important is stretching and flexibility? What happens if you don't stretch up before exercising?
- What different types of diets do you know? Have you gone on any of those fad diets?
- What do you think you should cut down on and why?
- What do we use the following places for: a circuit, a court, a course, a gym, a pitch, a ring, a rink, a stadium?

#### Partner #2: Questions

- How do most people lose / gain weight / stay in shape / increase their flexibility?
- Do you have fast or slow metabolism? Do you think metabolism is related to people being overweight?
- Can you or any of your friends do the splits? Are there any benefits to being really flexible?
- Do you have relatively good endurance? How far can you run without getting tired?
- When was the last time you went on a diet?
- What's your weekly training regimen like?
- Have you ever pulled a muscle? How did you do it?
- Do you enjoy doing aerobic exercise? When was the last time you had a vigorous workout?
- Is nutrition important to you? What foods have protein / carbohydrates / fat / sodium in them?
- What's your BMI? (15-18 underweight / 18-25 healthy / 25 - 40 overweight)

**2** Complete one or more of the situations below

- Role play:** Partner #1: You are a little out of shape. Talk to a fitness trainer about getting into shape.  
Partner #2: You are a fitness trainer. Tell your client how to get the body they want.
- Interview:** Interview an aerobic instructor about their training routine.
- Speech:** Describe your weekly exercise routine in as much detail as possible.
- Debate:** You think everyone should exercise for 2 hours a day, but your partner disagrees.