


Fighting Fit

Start thinking!

How important is keeping fit?
 What do people do to keep fit?
 What do you personally do to keep fit?

Reading

1  **2.10** Read this information about a local fitness centre. How popular are places like this in your country?

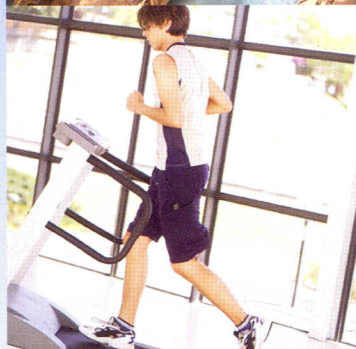
Your Chance to Make Waves!

The Waves Fitness Centre is now open for business! It's the biggest and best fitness centre in the local area, and it's got lots to offer the whole community. Whether you want to get in shape or you're just looking to have fun, we've got everything you need at Waves! And many of our activities are available to non-members for a small fee!



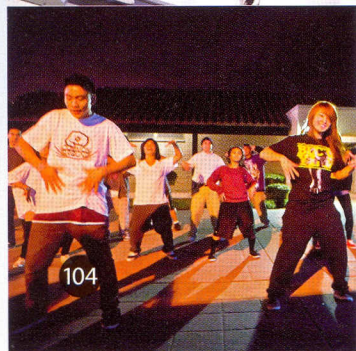
A Waves Pool

Our pool is much more than just a place to swim. It's big enough to keep the whole family entertained! Our wave machine, our water slide and our Ducklings area for pre-school children mean that there's something for everyone. And because swimming is low impact and easy on your body, it's a great form of exercise for the over-60s and people with disabilities. It's never too late to start! We offer Water Walking sessions from 10-11am on weekdays for those who are not used to exercise – walking against the water really helps to build those muscles! – and Power Pool sessions at the weekend from 9-10am for those with more experience. Please note that the Waves Pool has a strict admissions policy and children under eight must be accompanied by an adult unless they are able to pass a short swimming test (call for details).



B Waves Gym

Come and work out in style at the Waves Gym. It's such a cool gym that you'll want to come every day! And with opening hours from 7am-7pm you can! Simply sign up, wait a day for your gym membership to be approved, and then away you go! We offer everything from body building to simply getting fit, with an Active Start programme for complete beginners (please book a place in advance) and a personal trainer for those of you who really want to achieve their goals. On Tuesday and Thursday mornings, you can join one of our aerobics classes, a great way to meet people and get fit, while every Friday at 12 there's a chance to join our Expert Group, for those who really want a challenge. Please note that no children under 12 are allowed in the gym.



C Dance classes

Dance classes are such a great way to exercise that you won't want to stop! We have a full schedule of classes, from modern dance (Mon-Fri, 2-3pm) to traditional ballroom dancing (Weds-Sat, 1-2pm). Whether you want to improve your social life or your appearance, dance is a motivating way to a new you, and it's not just for the young and healthy. Our Senior Dance on Tuesday evenings is great for those over 55. It's so easy that anyone can do it! For those who are more adventurous, we also run high-energy World Dance classes with fast music from around the world to keep you on your toes. Please note that all dance classes need to be booked in advance and charge an individual course fee. Children under 12 are welcome at all our sessions except World Dance.

2 Look through the information again to find the answers to these questions. Don't read the passage in detail.

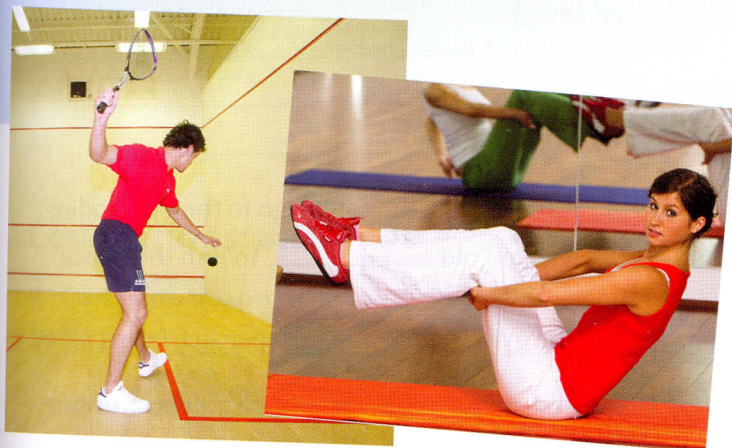
- 1 When can you do ballroom dancing?

- 2 When can you do Water Walking?

- 3 When can you play squash?

- 4 When can you learn about Pilates?

- 5 When does the Expert Group meet?



Racket Sports

Whether it's indoor tennis, badminton or squash, you can have a full-body workout on the court. Racket sport sessions are available during the centre's opening hours (7am-7pm, seven days a week) and are included in the membership fee (extra charge for equipment hire). Racket sports are so popular that the courts are often fully booked. Please make sure that you book courts at least one day in advance, or two days in the case of non-members. For those of you who are competitive, we run Waves Contests in all racket sports, which are free to members – just ask at Reception for an entry form and details of charges for non-members. Children under 12 must be accompanied at all times on the courts.

Pilates Classes

Pilates is a system of exercise that is designed to improve your physical and mental health. It is popular around the world, and we're pleased to be able to offer five sessions a week with a professional instructor. Choose any two weeknights to suit you and come along to the session from 6 till 7pm. You'll strengthen your central muscles and also train your mind to concentrate, which will help at work or in your studies. Our introductory session, which everyone who is interested must attend before joining a class, is on the first Saturday of each month and it will help you decide if Pilates is for you. Just bring along some comfortable clothes and a desire to learn! Please note that Pilates sessions are adults-only and are not included in the membership fee.

For further information on any of our activities, contact Waves Reception.

3 Read the information again. For questions 1–6, choose from the activities (A–E). The activities may be chosen more than once.

Which activity/activities would you recommend for someone who:

- | | | |
|---|---|-----------------------|
| wants to take part in a competition? | 1 | _____ |
| doesn't want to spend more than their membership fee? | 2 | _____ 3 _____ 4 _____ |
| wants to meet new people? | 5 | _____ 6 _____ |
| wants a healthier body and a healthier mind? | 7 | _____ |
| wants to take part in an activity immediately? | 8 | _____ |
| is ten and wants to do an activity without an adult? | 9 | _____ 10 _____ |

WORD BOX

4 Use words or phrases from the article to complete the sentences. You've been given the first letter to help you.

- 1 I really want to get i _____ s _____, so I've started going to a gym twice a week.
- 2 You have to be very careful when you w _____ o _____ because it's easy to injure yourself.
- 3 Many famous people have their own personal t _____ who advises them on their fitness.
- 4 My mum's started going to a _____ c _____ to get fit and she likes meeting all the other women there.
- 5 I'm not used to a lot of exercise, so my m _____ start to hurt when I play too much sport.
- 6 If you do b _____ b _____, you have to work very hard to get ready for shows and competitions.



Have your say!

- Do young people you know get enough exercise?
- What could we do to encourage them to exercise more?

G Grammar clinic

Result clauses: so, such, too, enough

👁 Look at *Grammar database* pages 191–192 before you do the exercises.

1 Read the extracts from the article on pages 104 and 105 and decide if the statements are true (T) or false (F).

Racket sports are *so* popular *that* the courts are often fully booked.

It's big *enough* to keep the whole family entertained!

Dance classes are *such* a great way to exercise that you won't want to stop!

It's never *too* late to start!

- 1 *So* can be followed by an adjective and a *that* clause.
- 2 *Enough* is followed by an adjective or adverb.
- 3 *Such* is used in exactly the same way as *so*.
- 4 *Too* is followed by an adjective or an adverb.

2 Complete each sentence with a word from the box.

so • such • too • enough

- 1 I'm _____ unfit that I have to join a gym.
- 2 I might be fit _____ to run a marathon soon!
- 3 The gym was _____ a success that they've opened another one.
- 4 It's _____ late to go to the gym today.
- 5 Are you old _____ to join the dance classes?
- 6 The gym is _____ expensive I can't afford it.

3 Complete each sentence so that it means the same as the first sentence. Use the words given without changing them. Use no more than five words.

- 1 Fried food is very unhealthy, which means it can lead to a heart attack. **so**
Fried food _____ it can lead to a heart attack.
- 2 Some people take so many pills that it must be bad for them. **such**
Some people take _____ that it must be bad for them.
- 3 My grandma is too ill to leave the house. **enough**
My grandma _____ to leave the house.
- 5 Lots of people in Africa have AIDS. **so**
There _____ people in Africa who have AIDS.
- 6 I'm so clumsy that I couldn't be a surgeon. **too**
I'm _____ a surgeon.

4 Complete the sentences to make statements about yourself. Use your imagination if you like!

- 1 I'm so _____ that _____.
eg *I'm so fit that I can run a marathon in three hours!*
- 2 I'm such a _____ that _____.
eg *I'm such a lazy person that I never tidy my room!*
- 3 I'm not _____ enough to _____.
eg *I'm not old enough to drive a car.*
- 4 I'm too _____ to _____.
eg *I'm too short to be a basketball player.*



Medicine and health

1 Match the words in the box with the correct definitions.

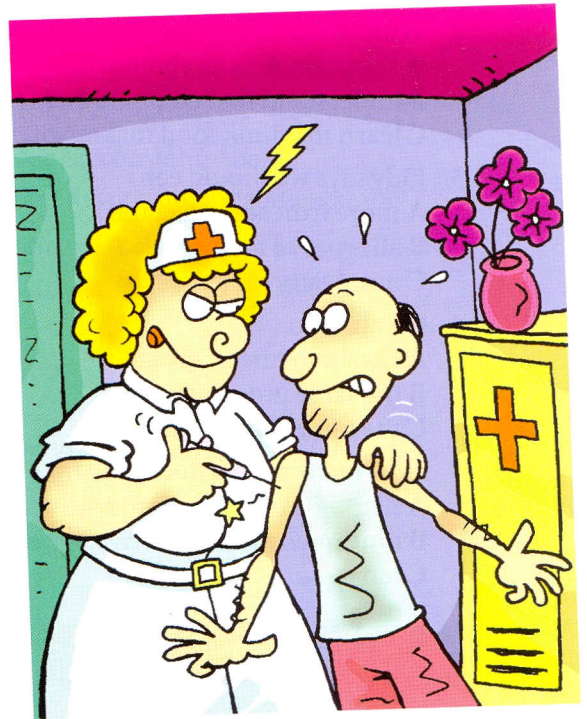
prescription • diagnosis • allergy • cure • symptom • surgery • GP • injection

- 1 _____ a sign such as spots or a cough that shows you are ill
- 2 _____ a general practitioner, a kind of general doctor you see when you think you are ill
- 3 _____ a doctor's office
- 4 _____ a piece of paper a doctor gives you which you take to a chemist to get the right medicine
- 5 _____ a doctor's opinion of what is wrong with you
- 6 _____ a remedy or treatment
- 7 _____ the action of putting medicine into your body using a syringe
- 8 _____ a medical condition where your body reacts badly to some things you eat, breathe, etc

Collocations: *make / do*

2 Complete the phrases using either *make* or *do*.

- | | |
|----------------------|-------------------------|
| _____ an appointment | _____ your homework |
| _____ a complaint | _____ the bed |
| _____ some exercise | _____ friends |
| _____ the housework | _____ a mistake |
| _____ a noise | _____ sure |
| _____ up your mind | _____ well at something |
| _____ your best | _____ a decision |
| _____ a fuss | _____ an effort |
| _____ a mess | _____ you good |
| _____ a phone call | _____ money |
| _____ the washing-up | _____ the shopping |
| _____ a suggestion | _____ a meal |



3 Write sentences with three of the phrases from exercise 2. In groups, compare your sentences.

Magic metaphors

4 When we talk about *problems*, we sometimes use words or phrases that have a connection with *illness*. Complete the sentences with the words and phrases from the box.

headache • unhealthy • recover • get over

- 1 Samantha's been having a few problems at school lately, but she should _____ them before her exams.
- 2 Trying to organise a wedding is a real _____! There are just so many problems to deal with.
- 3 The company is in a(n) _____ financial situation and it doesn't look like things are going to get any better.
- 4 It took me a long time to _____ from failing my exams, but in the end I decided to take them again.



Listening

1 **2.11** Listen to an interview with a woman who is on a diet. Decide whether each statement is true (T) or false (F).

- 1 Judy thinks that she is too fat. _____
- 2 Judy can eat fast-food during the diet. _____
- 3 Judy has to think about different types of food. _____
- 4 Judy gets points when she doesn't eat something. _____

2 Listen again. For questions 1–5, choose the best answer (A, B or C).

- 1 Judy started the diet after
A she realised she had to lose weight.
B she decided she needed more energy.
C someone at a gym recommended it.
- 2 With the diet, you need to
A know some facts about what you eat.
B understand that chips are bad for you.
C learn that junk food makes you fat.
- 3 Judy says we should eat
A more fruit and vegetables.
B all types of food.
C more fatty foods.
- 4 Cream is in
A the 'Enjoyment' group.
B the same group as pasta.
C the same group as eggs.
- 5 How many points does Judy try to get each day?
A five
B nine
C ten



Soundbite /ɑ:/, /ɔ:/ and /u:/



2.12 Look at the vowel sounds that are underlined in the words. In each group of four, one word has a different vowel sound. Circle the odd one out. Listen and check.

- 1 car fat father can't
- 2 word sword court bored
- 3 boot look too shoot



Speaking

Useful Phrases

1 Complete the answer with words and phrases from the box.

Of course • so • To begin with
 but • Secondly • For example

Do you think we are healthier than people 50 years ago?

Yes, we are. _____, we have a better diet. _____, people today eat more fruit and vegetables. _____, we also eat more fast-food, _____ generally our diet is better. _____, doctors can cure more illnesses, _____ we live longer. Yes, we're definitely healthier today.

Useful Phrases

2 In pairs, talk about the following questions. Use the phrases from exercise 1 to help you.

- Do you think we are healthier today than people were fifty years ago?
- What are the main health problems young people face?
- Do you think all medical care should be free?
- What is a healthy diet?

I can see that there are arguments on both sides. As far as I'm concerned, ...

Teenagers face many health problems, including ...

Absolutely. Yes. People today ...

From what I've heard, I think people need ...

Look at Speaking database - Giving/Asking for opinion on page 165.



Use of English

Infinitives of purpose

Look at *Grammar database* page 192 before you do the exercises.

1 Rewrite the sentences using the phrase in bold. The first one has been done as an example.

1 I thought I should ask the doctor about going on a diet so I went to the surgery. **in order**
I went to the surgery in order to ask about going on a diet.

2 I had to lose some weight, so I went on a strict diet. **in order** _____

3 She doesn't want to get ill, so my mum takes vitamin tablets. **in order** _____

4 Because they want to keep fit, many people take up sports. **so as** _____

5 I want to stay healthy, so I try to eat lots of fruit. **in order** _____

6 I didn't want to catch a cold, so I wore a warm coat and a scarf. **in order** _____

3 Choose three of the words and write sentences. In groups, compare your sentences.

4 For questions 1–10, read the text below and think of the word which best fits each gap. Use only one word in each gap. There is an example at the beginning (0). Write your answers IN CAPITAL LETTERS.

Word patterns

2 Complete the sentences using the words in the box. You may need to change the form of the words.

object • approve • prevent • capable
congratulate • afraid • succeed • manage

1 Some people don't _____ of smoking because it's bad for your health.

2 When you're seriously ill, you're not really _____ of working.

3 If they _____ to find a cure for cancer, it'll be a great discovery.

4 Some people believe that eating garlic can help _____ you from getting ill.

5 We rang my brother to _____ him on passing his medical degree.

6 In order to _____ in becoming a doctor, you need to work very hard.

7 If I was a doctor, I'd constantly be _____ of catching something from my patients!

8 Dr Frankenstein was surprised to discover that some people _____ to his medical experiments.

ALTERNATIVE MEDICINE

What do you do when you're ill? You probably call your doctor, (0) WHO examines you, makes a diagnosis and then gives you (1) _____ prescription. These days, more and more people are asking themselves (2) _____ this is the best way of dealing with illness. They object (3) _____ taking too many pills and look around in (4) _____ to find other cures.

Most cultures practise some form (5) _____ traditional medicine. This is often based (6) _____ plants, or other natural ingredients. They are usually prepared in some way (7) _____ as to make them more effective, for example by drying them and making them (8) _____ a powder.

The Chinese, in particular, have a large number of traditional medical techniques. One of them is acupuncture, (9) _____ involves sticking needles into the patient! It might sound a little strange, but many people have used acupuncture for everything (10) _____ giving up smoking to dealing with pain.

So, the next time you're ill, maybe you should look for an alternative before you send for the doctor!



Writing

A report

👁️ Look at *Writing database - reports* on page 151 before you do the exercises.

1 It's important to think about the purpose of your writing. Match the types of writing to the purposes for writing.

- | | |
|-------------------------------|---|
| 1 story _____ | a to be offered a job or to get an interview for a job |
| 2 report _____ | b to exchange information with someone you don't know well, or someone in a position of authority |
| 3 review _____ | c to interest the reader by giving your opinion about a book you've read, film you've seen, place you've visited, etc |
| 4 letter of application _____ | d to entertain and inform your readers by writing on a subject that will interest them |
| 5 informal letter/email _____ | e to present information and recommendations in a clear, well organised and formal way |
| 6 formal letter/email _____ | f to entertain your readers with interesting descriptions and characters |
| 7 essay _____ | g to gossip and swap news or information in a friendly, chatty way |
| 8 article _____ | h to present an argument in a clear, logical way |

2 Read this writing task. Who is going to read your report?

You work for a local tourist office and your manager has asked you to write a report on health facilities in the area. The report will be used to produce a leaflet for tourists coming to your area.

Write a **report** of between **120** and **180** words in an appropriate style.

Working model

3 Read the answer to the writing task.

4 This report was written by Sharon Gilmore. Her manager is Elizabeth Watson. Correct the first part of the report.

To: **My manager**

From: **Me**

Subject: **What you asked me to do**

Introduction

As requested, I have done some research into health facilities in this area. There is a hospital, an eye clinic and a large number of doctors' surgeries. This is very good for such a small town.

Westford Hospital

Westford Hospital is modern, with beds for about 1,000 patients. They deal with illnesses and accidents, although people who are seriously ill are moved to Pentonfield, 20 miles away. Tourists are treated at the hospital for free.

Westford Eye Clinic

Westford has very good facilities for eye problems. The eye clinic takes patients from all over the world and the doctors and surgeons are very highly trained. It is unlikely that tourists would need the eye clinic.

Doctors' surgeries

There are about thirty GPs' surgeries in Westford. They deal with minor illnesses and accidents. Most of them charge for treating people who are not local residents.

Conclusion

In conclusion, it is clear that Westford has excellent medical facilities for a small town. Tourists are welcome at the hospital and eye clinic, although they may have to pay to see a local GP.

5 Decide if the statements about the report on page 110 are true (T) or false (F).

- 1 The language used is generally informal.
- 2 Each paragraph has its own heading.
- 3 It presents information in a clear way.

Ready to write!

6 Look at this writing task. Who is going to read your report?

You work for a sports shop and the manager is thinking of starting a new gym. He has asked you to write a report on gym facilities in the area. Your manager wants to know what you recommend.

Write a **report** of between **120** and **180** words in an appropriate style.

7 Make a plan of your answer. Use your imagination.

- How are you going to start your report?
To:
From:
Subject:
- What have you done / who have you spoken to in order to write your report?
- What is the name of the first gym you are going to write about?
What are you going to say about it?
- What is the name of the second gym you are going to write about?
What are you going to say about it?
- What is the name of the third gym you are going to write about?
What are you going to say about it?
- What recommendations are you going to make in your conclusion?

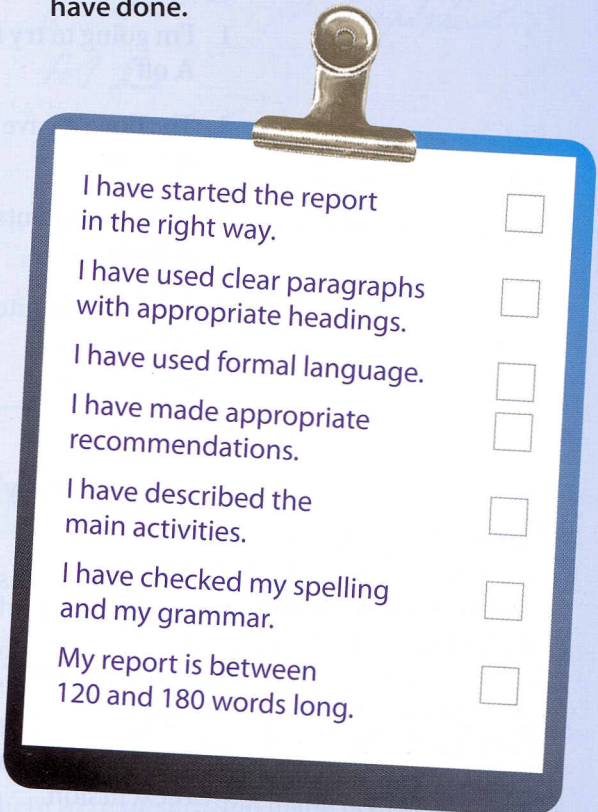
Now complete *Writing Planner 12* on page 160.

Now write!

8 You are now ready to write your report for your manager. Use formal language. Keep your purpose in mind.

Check it out!

9 Check your work. Tick (✓) what you have done.



Look Back

Can you answer these questions? If you can't remember, look through the unit for the answers.

- 1 Which phrasal verb means 'exercise'?
- 2 If something is 'too big', is that a good thing or a bad thing?
- 3 What does a doctor give you to take to the chemist?
- 4 Which of these is wrong?
do some exercise *make a mistake*
do a suggestion
- 5 Which preposition do we use with 'congratulate'?