

3.079

1. do some sit-ups
2. never take elevators or escalators
3. go for a long walk
4. walk up and down the stairs
5. lift some weights
6. do some yoga
7. go for a run
8. do some push-ups

3.080

1. How do I keep in great shape? Well, I joined a fitness club and work out a lot.
2. I eat a lot of healthy food.
3. I watch what I eat, and I eat small portions of food.
4. I turn everything into exercise.
5. I never use my car if I don't have to.

3.081

Emily You look good, Helen. How do you keep in such great shape?

Helen Well, I work out a lot.

Emily Really, I'm thinking of getting fit.

Helen You can't just think about it. You have to do something about it.

Emily Yeah, I know. But where do I start?

Helen You can join a fitness club. I joined one last year. And go a few times a week.

Emily Is that all you do?

Helen No. But it's a good start.

3.082

Emily OK, Helen. Let's talk about what I should do to get fit. Do you want to grab a cappuccino? There's a café right here.

Helen Oh, no, Emily! Cut out the cappuccinos and the little snacks. Let's have some green tea.

Emily Uh ... I don't really like green tea. Anyway, we can sit over there and ...

Helen Sit? Why sit when you can walk? Why walk when you can run? Why run when you can run faster?

Emily Uh, I don't think I can run with a cup of tea when it's raining.

Helen OK. But let's walk. It's hardly raining at all.

Emily So you exercise twenty-four-seven?

Helen Pretty much. I never take elevators or escalators any more. I always walk up and down the stairs. I got a bicycle and never use my car if I don't have to.

Emily Wow. I couldn't live without my car. And do you eat anything special?

Helen I mostly eat natural, healthy foods and I don't eat dessert. Most importantly, I watch what I eat.

Emily You watch what you eat?

Helen Yep, I eat lots of fruits and vegetables, and don't eat snacks between meals. Also, I eat small portions – you know, small amounts. Use small plates to make your food look bigger.

Emily But I'd get too hungry!

Helen No, drink lots of water and you feel less hungry. And of course, don't forget to exercise!

Emily So ... how often do you exercise?

Helen On an average day? I go to my fitness club most mornings, and do yoga before breakfast. I often lift weights during my lunch break, and after dinner I go for a long walk. Why don't you come for a walk with me tonight?

Emily But I'm so tired after dinner. And I'll miss my favorite TV shows!

3.083

1.

Man What do I do to keep fit? Actually, I don't do anything. I've always been a bit skinny and I have never found an activity that suits me. I'd rather hang out with my friends than sweat in a gym. But I make sure that I walk at least thirty minutes every day.

3.084

2.

Woman How do I stay healthy? Two things, really. I keep lots of healthy food in my fridge... salad stuff, fresh fruit and vegetables, that sort of thing. I also dance. I love dancing, so I go to clubs with my friends and dance all night.

3.085

3.

Man I hate working out. I think it's boring, but I don't have a car. I stopped driving years ago and bought a good bicycle. Now I get all my exercise going places – to work, shopping, to go see my friends. Sometimes, instead of cycling, I go rollerblading.

3.086

4.

Man A lot of people find an excuse not to exercise, "it's cold so I can't run. It's late so my club's closed. My partner is busy so I can't play tennis." But not me. I do two things to keep in shape: push-ups and sit-ups. I can do them anywhere.

3.087

5.

Woman OK, I admit it. I do eat a lot of junk food. I'm afraid, but I also play a lot of sports. I have a different sport for each season ... skiing in winter, soccer in spring, baseball in the summer and badminton in autumn.

3.088

6.

Woman Exercise is a waste of time! There are so many other things that I enjoy doing, such as watching a movie or reading a good book. I never liked doing sports at school either. I always felt uncomfortable playing games or running, I wouldn't even run to catch the bus! But I watch what I eat, and I don't eat too many snacks.

3.089

Example: I'm thinking of getting fit.

1. And after dinner I go for a long walk.
2. We can sit over there.
3. Let's have some green tea.
4. Why don't you come for a walk with me tonight?
5. I always walk up and down the stairs.
6. I'll miss my favorite TV shows.

3.090

Kevin Hi Betty, how's it going?

Betty Pretty good. How have you been?

Kevin Not bad but I think I need to get in shape.

Betty You do look like you have put on a bit of weight.

Kevin I know. The problem is, I don't enjoy doing cardio. I find running and cycling really boring.

Betty Have you considered trying something different - like yoga?

Kevin Yoga? Isn't that just sitting and meditating?

Betty No, yoga actually refers to a wide range of mental and physical disciplines.

Kevin Really?

Betty Yeah. It originated in India, but now it is becoming really popular in western countries.

Kevin Can I get fit doing yoga?

Betty Sure! There are many health benefits associated with yoga. It can improve your strength, flexibility, posture, cardiac health and breathing.

Kevin Sounds interesting. Where can I try it?

Betty There's a place in the city that has yoga classes. We can go together if you like.

Kevin OK, I'll give it a shot. What day is good for you?

Betty Thursday night would be good. Does that work for you?

Kevin Yeah, that works. I'll see you on Thursday.

3.091

Yoga

More than 15 million Americans currently practice yoga. Originating in India, yoga refers to a wide range of mental and physical practices that are deeply related to Buddhist and Hindu beliefs. Traditional yoga focuses on meditation, while fitness yoga focuses on learning new poses and positions to strengthen the body. Practitioners of yoga have reported increases in health, a reduction in stress and an improved level of concentration.

3.092

Tai Chi

An estimated 2.3 million Americans practice the Chinese martial art and exercise known as tai chi. Developed in ancient China, tai chi is a kind of “moving meditation” in which practitioners gently move their bodies while focusing on their breathing. Tai chi incorporates key traditional Chinese health concepts such as the flow of life force and balance within the body. Practitioners of tai chi claim that the exercise improves strength, flexibility, balance and coordination. Many claim that it also improves sleep and overall well-being.

3.093

Qigong

Closely related to tai chi, qigong is another Asian exercise that is growing in popularity in the West, with around 500,000 practitioners in America. Similarly to tai chi, qigong uses gentle movements and breathing techniques to strengthen the body and improve circulation. Chinese historians estimate that people have been practicing qigong for more than 4,000 years. Qigong is also closely related to Traditional Chinese Medicine and is often used to treat arthritis, back pain, balance issues and stress.