

BBC Keeping fit



BEFORE YOU WATCH

- 1 **SPEAKING** Discuss your preferred ways of keeping fit. Refer to the activities in the box or your own ideas.

(cycling going to the gym running swimming)

- 2 Match the activities in the box with pictures 1–8. Which of these activities uses the most and which the least energy in your opinion?

(cleaning windows dusting gardening ironing
mopping mowing the lawn vacuuming
washing a car)



WHILE YOU WATCH

- 3 **36** Complete the doctor's recommendation. Then watch the first part of the video (up to 0:32) and check your answer.

Adults should try to get at least _____ minutes of 'moderate intensity physical exercise' per week.

- 4 **36** Watch the next part of the video (00:32 – 01:50). Complete the sentences.

- Eight _____ are going to do some household jobs indoors and outdoors.
- Activity monitors will measure the _____ they use.
- Dr Andy Blannin is an _____.
- He will give each activity a MET (Metabolic Equivalent of Task) _____.
- A score of more than _____ shows that the activity is good enough to call it exercise.

- 5 **36** **SPEAKING** Tick the activities which are 'exercise' in your opinion. Then watch the next part of the video (01:50 – 03:07) and check your answers.

ironing	☐	washing the car	☐
dusting	☐	washing the window	☐
mopping	☐	mowing the lawn	☐
planting flowers	☐	vacuuming	☐

- 6 **36** Match 1–5 with a–e to make collocations. Which activity do you think uses the most/the least energy? Watch the last part of the video (03:07 – 03:34) and check.

1 Walking	☐	a trolley
2 Going	☐	b up a shopping basket
3 Picking	☐	c shopping bags
4 Using a	☐	d briskly
5 Carrying	☐	e cycling

AFTER YOU WATCH

- 7 **SPEAKING** Make a list of activities you can do to keep fit without going to the gym. Discuss your ideas.

Instead of going to the gym, you can take the stairs every day to keep fit.