

1 FIGHTING FIT

GRAMMAR



Scan the QR code and watch the grammar animation.

1 Circle the correct words.

- I **refuse joining** / **to join** a gym – it's too expensive!
- Serge **dislikes playing** / **to play** team games of any type.
- Olympic athletes **start training** / **to train** at a very early age.
- Stop playing** / **to play** on the ice. It might break!
- Have you **managed losing** / **to lose** any weight yet?
- Many people **avoid eating** / **to eat** red meat too often.

2 Match the halves of the sentences. Use different colours.

1 Is this exercise supposed	A eating junk food when she was young.
2 Saira regrets	B to hurt this much?
3 The food in Japan tends	C to be healthier than in other countries.

4 Are you still able	D eating meals after 8 pm.
5 Everyone should aim	E to eat five portions of fruit or vegetables a day.
6 You should stop	F to touch your toes?

For more help, go to the Grammar reference:

→ **Student's Book** pages 206–207

Scan the QR code and watch the grammar animation.



3 Circle the correct words.

- Everyone knows that fruit juice contains a lot of sugar. **Although** / **Nevertheless**, many people let their children drink it every day.
- Instead of** / **While** snacking on biscuits and cake, eat a handful of nuts and seeds. It's much healthier.
- Despite** / **Even though** the bad weather, they went ahead with the race.
- In spite of** / **Although** he was in pain, Fabio finished the marathon.
- It can be challenging to follow a healthy diet. **However** / **Whereas**, it is worth it in the long run.
- You should go for a walk after dinner **despite** / **rather than** sitting on the sofa and watching TV.

4 Read this email to a local government representative.

Complete with the correct words.

whereas Despite However Instead of
 Although Unlike in the past

I am a local resident concerned about the health of our children. I don't think the local government is doing enough to protect the younger generation. Despite the fact that the government recommends children eat healthy food, there are eight or nine fast food restaurants in our town! _____, there are still no restaurants which focus on home-cooked, healthy meals at affordable prices. Another problem is the lack of exercise facilities. _____ there are several gyms, they are not open to children under the age of 16. _____ making these facilities adults only, gyms could be encouraged to welcome children at certain times. Our local parks used to be a great place for children to play sports with their friends. _____, they are not being maintained properly so it is not a good environment for them. There used to be a team of gardeners and maintenance staff, _____ now there is only one person looking after all the parks.

I suggest we make improvements to our town to give our children a healthier future.



VOCABULARY

1 Match sentences which have the same meaning. Use different colours.

1 It is important to monitor how you're doing.	A It is a good idea to cut down on sugar.
2 It can be very challenging to lose weight.	B Right now, I'm totally out of shape .
3 You should try to reduce the amount of sugar in your diet.	C Always try to keep track of your progress.
4 We weren't sure whether our team would win.	D Losing weight can be an uphill struggle .
5 I'm overweight and unfit at the moment.	E It was touch and go whether our team would win.

Need help? → **Student's Book** pages 15–17



READING AND USE OF ENGLISH PART 7



! STRATEGY

- Use coloured highlighters or pens.
- Read the statements first. Underline key words.
- Find similar words in the text. Use colours to underline them.

You are going to read an article about fitness activities. For questions 1 to 10, choose from the activities (A–D). The activities may be chosen more than once.

UNUSUAL FITNESS ACTIVITIES

A Hot yoga

Yoga has long been considered one of the best exercises around, and one that can be practised virtually anywhere, including at home. Hot yoga, as the name suggests, takes it a stage further by turning up the heat, requiring a temperature of around 40°C and humidity of 60%. Clearly, such a change is going to make you sweat more, and this is the whole point as it is supposed to eliminate harmful chemicals and toxins from your body. In a nutshell, hot yoga retains the mental focus of the more traditional version of the discipline but is designed to push your body much harder. The heat increases your heart rate and helps thin the blood, stimulate your metabolism and burn calories at a faster rate. As well as increased strength, stamina and flexibility, practitioners point to a number of other health benefits, such as curing back pain and improving the skin, with many even claiming it has boosted their performance in other sports.

B Aerial fitness

If you ever went to the circus as a child, you probably marvelled at the power and fitness of aerial performers. So if you have ever thought of having a go at such activities yourself, aerial fitness, which is based on similar techniques, may be just what you are looking for. Learners usually start off with the silks, two lengths of fabric attached to the ceiling. Once you have mastered some climbs, you then practise various ways of manoeuvring the body around them, including learning to hang upside down – not something you do every day! More expert practitioners can later progress on to more complex devices, such as hoops, trapezes and slings, and there is even an aerial form of yoga that you can try. Aerial fitness techniques do require you to support your own body weight so clearly the benefits include improved general strength and also increased shoulder mobility. Furthermore, think of the respect you will get from friends and family when you tell them all about it.

C Underwater cycling

Underwater cycling or aqua-cycling combines the concept of a spinning class with the benefits of exercising in water. For those new to the concept, it does literally mean that exercise bicycles are placed in a swimming pool! While spinning, which often involves standing up and bouncing, can create strain on your knees, cycling under water prevents stress on the joints, because the water provides extra support for the body. Unlike spinning too, it is suitable for people of any age, size or shape, even pregnant women and those recovering from injuries, making it perfect for those who find the idea of group exercise a little intimidating.

D Obstacle races

If these were a favourite from your primary school sports day, you can now recreate the fun on a much grander scale. Obstacle races have become fashionable again and you are guaranteed to have a great time with your friends and family while keeping fit. These are usually large-scale, organised events, which can be in urban or rural settings and can involve all kinds of natural and man-made obstacles. You could be jumping over fires, climbing walls or crossing rivers. You might bounce on trampolines, slide down huge water chutes or crawl through tunnels. One thing you can be sure of is that there will be mud – lots of mud! The race might involve dressing up in silly costumes and will probably end with a giant party. Check the internet for events coming up near you.

Which paragraph

- 1 B is mentioned as being good for impressing others?
- 2 is described as a bigger version of a competitive event from childhood?
- 3 is claimed to help remove damaging substances from your body?
- 4 uses a change of environment to make it less stressful on the body?
- 5 sees beginners learn to adopt an uncommon body position?
- 6 is an intentionally more challenging version of a well-known activity?
- 7 would be fun for anyone who participates, in the writer's opinion?
- 8 allows users to move on to different equipment as they improve?
- 9 is claimed to help athletes do better in other sporting disciplines?
- 10 is appropriate for those who don't necessarily have good levels of fitness?

For more help with Reading and Use of English Part 7: → **Student's Book Exam Focus** page 22

SPEAKING PART 2

Look at the photos showing young people doing physical activity.

1 Read the student comments.

Underline the key words.

Which photo A or B does each comment correspond to?

1 B It looks a lot riskier and more exciting than the other picture.

2 — They can do whatever they want rather than doing what they're told to do.

3 — It looks very controlled – everyone looks the same as everyone else.

4 — Even though it looks a little boring, it's probably very good exercise.

5 — One key difference is that they're out in the fresh air instead of being stuck inside a gym.

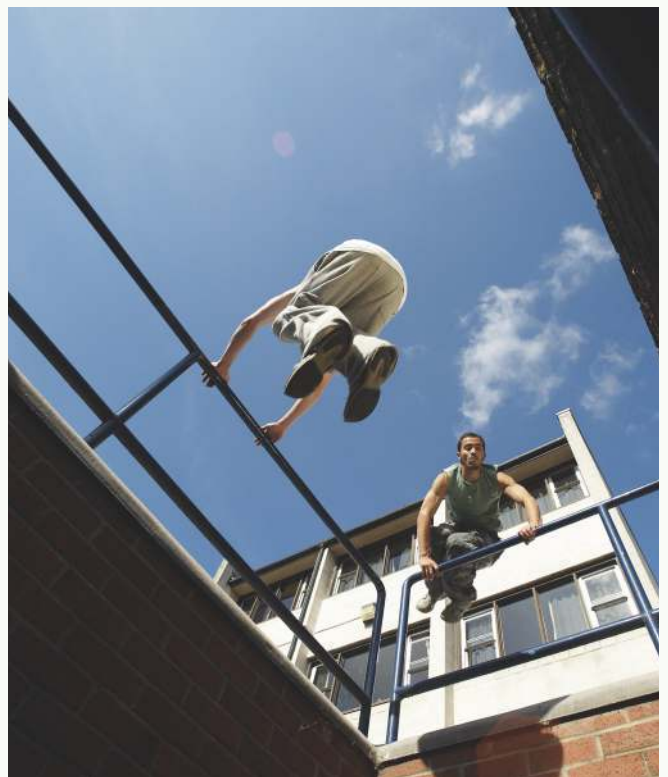
6 — It looks as though they are at school or in a club.

7 — I'd say the chance of injury is much greater.

Photo A



Photo B



2 Circle the correct preposition to describe the pictures.

Photo A

- 1 I can see some kind of gym equipment **in** / **at** the back of the photo.
- 2 The girls are standing **in** / **on** the tips of their toes.
- 3 There are some ropes **hanging down to** / **from** the ceiling.
- 4 **In** / **on** the background of the photo there are some ladders.

Photo B

- 5 There are buildings **on** / **in** either side of the picture.
- 6 Both boys are right **in** / **at** the middle of the picture.
- 7 I can see blue sky **on** / **in** the background.
- 8 **On** / **In** the foreground there is a rail.

For more help with Speaking Part 2:
 → Student's Book Speaking bank page 246

PUSH YOURSELF C1

Match the words in bold (1-6) with a similar meaning (A-F). Use different colours.

1 I am interested in taking a course in nutrition as I think we all need to watch what we eat.	A Health and happiness
2 If you are going to run a marathon, you need to improve your stamina .	B Food and the effect it has on health
3 It is important to eat plenty of fruit and vegetables to help your digestion .	C The process in which the body breaks down food
4 If you have bad posture , you can suffer from back problems.	D The ability to keep going for a long time
5 I think it is important to find a form of exercise that combines both physical and mental well-being .	E The way someone sits, stands or holds themselves

HOW WAS UNIT 1?

- Gave it a go
- Needed a bit of help
- Getting there
- Aced it!