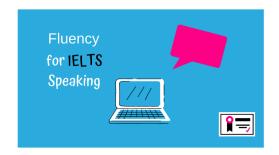


#### **Live Lesson Notes**

# **Keeping Fit**

#### Click on a picture to discover my online courses!





#### What you will learn

- 1. Useful Links
- 2. Vocabulary
- 3. Listening skills
- 4. Idioms

#### Some useful Links

#### Watch and read this full lesson here

https://keithspeakingacademy.com/ielts-speaking-keeping-fit-healthy

Link to my Band 7+ course

https://keith-speaking-academy.teachable.com/p/ielts-speaking-success-get-a-band-7?src=YTLive20May

Link to info on aerobic exercise

https://www.healthline.com/health/cardio-vs-weights#aerobic-and-anaerobic-exercise

25 tips to staying in shape: The Guardian

https://www.theguardian.com/lifeandstyle/2018/sep/12/how-to-stay-fit-for-ever-25-tips-keep-exercising-expert-advice

Improve your Pronunciation for IELTS with this app - ELSA <a href="http://bit.ly/ElsaxEnglishSpeakingSuccess">http://bit.ly/ElsaxEnglishSpeakingSuccess</a>

An exclusive offer for my students from ELSA: <a href="https://elsaspeak.com/inf/englishspeakingsuccess/">https://elsaspeak.com/inf/englishspeakingsuccess/</a>

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### **IELTS Speaking Vocabulary: Keeping Fit**

Get fit → be fit → keep fit / stay fit

Get into shape be in good shape stay in shape

To work out (v.) = to do exercise To do a workout (n.)

To **take up** a sport = to start doing a new sport

**Join** a/the gym = to become a member of a gym

Do **aerobic** exercise - e.g. running, swimming, fast walking, football..., circuit training

Do a **cardio** workout = do aerobic exercise

Do **strength training** = to lift weights / to do some weightlifting (this is anaerobic)

Benefits of aerobic exercise

- Boost your fitness
- Burn calories
- burn (belly) fat

Benefits of strength training

Tone your muscles

Do some exercise Do some sport

I like to **do some exercise** in the morning
I like to **do a bit of exercise** in the morning

**Gain weight** = to put on weight = to get fatter

**Lose weight** = to shred some pounds / kilos

I need to get rid of my spare tyre

Eat a balanced diet

**Cut down on** junk food/fast food = to reduce it (eat less of it)

#### How do you keep fit?

Here are some useful phrases to answer this question

I hit the gym

I practice yoga

I do some brisk walking

I do a mix of aerobic exercise and some strength training

I try to keep fit by jogging every morning

I take a regular walk and I also do pilates, I love to be active.

I've got into the habit of going down the gym twice a week to work out.

I do regular exercise and take care with my diet, avoiding too many packaged and processed foods

I've become very health-conscious so I like to do a regular workout and also take care with the food I eat. I drink plenty of water.

### **Listening Task**

#### Listen and decide if the following are

TRUE (T) or FALSE (F)

#### **Answers at bottom of PDF**

- 1. I like to keep fit
- 2. I played sport at school
- 3. I swam a lot at school
- 4. I love going to the gym
- 5. I enjoy walking because it suits older people
- 6. I never work from home

### **Listening Task - Useful Collocations**

I've never been **fanatical about** (=crazy about) doing sports, but I do like to stay in shape.

Obviously at school I did a few **team sports**, you know, football and cricket mainly.

For most of my life, I've done some kind of **aerobic activity**. When I was younger I went jogging and hiking a lot, and I loved it.

Then when I started **working full time**, I **got into** (=start an activity you like) swimming and I would swim two or three times a week. I found it to be great way to relax and you know, **to get rid of** a lot of **work-related stress**.

Interestingly, at several points in my life, I have **joined a gym** to try and **keep fit**, but I was never completely **at ease** (=be comfortable) in a gym.

I used to do both aerobic exercise on the **treadmill**, and lift some weights, as well as the usual **push ups, pull ups** and **sit ups!** 

The thing is, it's hard not to compare yourself to others, and it's all about **physique** (=physical appearance).

Well lately, I have **got into** walking again. Walking around parks **at a brisk pace** (=quite quickly). It's a great activity, not too **strenuous** (=physically demanding/difficult) for someone like me who is **getting on** (=get older) a bit.

It's also a fantastic way to combat the sedentary lifestyle that I've adopted since I started working online from home.

Finally, of course, I try to **eat a healthy diet**, and I have **cut down** <u>quite</u> a lot **on** fast food, and I eat lots more vegetables than I used to.

So this is how I have tried to keep fit.

### Idioms to talk about Keeping Fit

I'm totally **out of shape** = not fit or healthy

I need to **get rid of my spare tyre =** to lose fat around my waist

He has been going to the gym everyday lately, and now **he is fighting fit** = *very fit* 

She works out a lot and is **as fit as a fiddle** = *very fit* 

I was a bit **off colour** yesterday = *not feeling well* 

but I feel **right as rain** today = *feeling very well* 

You are the picture of health = you look / feel great

I feel under the weather = I don't feel well

## **Listening Task - ANSWERS**

- 1. I like to keep fit TRUE
- 2. I played sport at school TRUE
- 3. I swam a lot at school FALSE
- 4. I love going to the gym FALSE
- 5. I enjoy walking because it suits older people TRUE
- 6. I never work from home FALSE