

## *Live Lesson Notes*

# Keeping Fit

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### 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

<http://bit.ly/ElsaxEnglishSpeakingSuccess>

An exclusive offer for my students from ELSA:

<https://elsaspeak.com/inf/englishspeakinguccess/>

Click to get a complete **Mock IELTS** Test.

<https://takeielts.net/the-path-to-success-in-the-ielts-test/>

Use the CODE: **keith10** to get a 10% discount.

Find a teacher on **italki** so you can start practicing all the language you are learning here. Practice is the key!

<https://bit.ly/IELTSSpeakingitalki>

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<https://www.youtube.com/channel/UCiVm8XcbwS8-pcDEa5IFXIA>

## 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 shed 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 quite 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**