



**NOMBRE DEL ALUMNO:** Omar Emanuel López  
Reyes

**NOMBRE DEL PROFESOR:** JEZABEL IVONNE  
SILVESTRE MONTEJO

**LICENCIATURA:** Enfermería

**MATERIA:** ingles IV

**CUATRIMESTRE Y MODALIDAD:** 4to  
cuatrimestre, escolarizado

**NOMBRE Y TEMA DEL TRABAJO:** How often do  
you exercise?

Frontera Comalapa, Chiapas a 06 de diciembre de 2020.

# How often do you exercise?

## 1 SNAPSHOT

### The Top Five Sports and Fitness Activities in the United States

- | Sports                              | Fitness Activities                       |
|-------------------------------------|--|
| <input type="checkbox"/> basketball | <input type="checkbox"/> walking         |
| <input type="checkbox"/> baseball   | <input type="checkbox"/> weight training |
| <input type="checkbox"/> soccer     | <input type="checkbox"/> treadmill       |
| <input type="checkbox"/> football   | <input type="checkbox"/> stretching      |
| <input type="checkbox"/> softball   | <input type="checkbox"/> jogging         |



Source: 2008 Behavioral Sports Participation Survey

Do people in your country enjoy any of these sports or activities?  
Check (✓) the sports or fitness activities you enjoy.  
Make a list of other sports or activities you do. Then compare with the class.

## 2 WORD POWER Sports and exercise

(¿cuáles de estas actividades son populares entre los siguientes grupos de edad?)  
**A** Which of these activities are popular with the following age groups?  
Check (✓) the activities. Then compare with a partner.

	Children	Teens	Young adults	Middle-aged people	Older people
aerobics	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
bicycling	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
bowling	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
golf	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
karate	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
swimming	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
tennis	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
volleyball	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
yoga	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>



Las actividades de la parte A se utilizan con do, go, o play.  
**B PAIR WORK** Which activities in part A are used with do, go, or play?

- |           |              |                 |
|-----------|--------------|-----------------|
| do karate | go bicycling | play golf       |
| do yoga   | go bowling   | play tennis     |
|           | go swimming  | play volleyball |

### 3 CONVERSATION *I hardly ever exercise.*

**A** Listen and practice.

Marie: You're really fit, Paul. Do you exercise a lot?

Paul: Well, I almost always get up early, and I lift weights for an hour.

Marie: Seriously?

Paul: Sure. And then I often go swimming.

Marie: Wow! How often do you exercise like that?

Paul: About five times a week. What about you?

Marie: Oh, I hardly ever exercise. I usually just watch TV in my free time. I guess I'm a real couch potato!



**B** Listen to the rest of the conversation. What else does Paul do in his free time?

### 4 GRAMMAR FOCUS

#### Adverbs of frequency

**How often** do you exercise?

I lift weights **every day**

I go jogging **once a week**

I play soccer **twice a month**

I swim about **three times a year**

I don't exercise very **often/much**

**Usually** I exercise before work.\*

Do you **ever** watch TV in the evening?

Yes, I **often** watch TV after dinner.

I **sometimes** watch TV before bed.

**Sometimes** I watch TV before bed.\*

I **hardly ever** watch TV.

No, I **never** watch TV.

100%

**always**

**almost always**

**usually**

**often**

**sometimes**

**hardly ever**

**almost never**

0%

**never**

\*Usually and sometimes can begin a sentence.

+ **A** *poner los adverbios en el lugar correcto, luego practicar con tu compañero.*  
Put the adverbs in the correct place. Then practice with a partner.

- A: Do you play sports? (ever)  
B: Sure. I play soccer. (twice a week)
- A: What do you do on Saturday mornings? (usually)  
B: Nothing much. I sleep until noon. (almost always)
- A: Do you do aerobics at the gym? (often)  
B: No, I do aerobics. (hardly ever)
- A: Do you exercise on Sundays? (always)  
B: No, I exercise on Sundays. (never)
- A: What do you do after class? (usually)  
B: I go out with my classmates. (about three times a week)

**B PAIR WORK** Take turns asking the questions in part A. Give your own information when answering.





## Adverbios de frecuencia

### 1 Adverbs of frequency

- ▶ Adverbs of frequency (*always, almost always, usually, often, sometimes, hardly ever, almost never, never*) usually come before the main verb: She **never plays** tennis. I **almost always eat** breakfast. **But** Adverbs of frequency usually come after the verb *be*: I'm **always** late.
- ▶ *Usually* and *sometimes* can begin a sentence: **Usually** I walk to work. **Sometimes** I exercise in the morning.
- ▶ Some frequency expressions usually come at the end of a sentence: *every day, once a week, twice a month, three times a year*: Do you exercise **every day**? I exercise **three times a week**.

Put the words in order to make questions. Then complete the answers with the words in parentheses.

1. you what weekends usually do do on  
 Q: What do you usually do on weekends? (¿qué haces habitualmente los fines de semana?)  
 A: I often play sports (often / play sports)
2. ever you go jogging do with a friend  
 Q: do you ever go jogging with a friend  
 A: No, always I go alone (always / alone)
3. you play do tennis how often  
 Q: do you how often play tennis  
 A: I play four times a week (four times a week)
4. do you what in the evening usually do  
 Q: what do you usually do in the evening  
 A: My family and I almost always watch TV (almost always / watch TV)
5. go how often you do to the gym  
 Q: do you how often go to the gym  
 A: I never go to the gym (never)

## 7 LISTENING In the evening

**A** Listen to three people discuss what they like to do in the evening. Complete the chart.

Activity	How often?
Justin	
Carrie	
Marcos	

**B** Listen again. Who is most similar to you - Justin, Carrie, or Marcos?

2. aproximadamente una hora después de la cena me gusta charlar con mis amigos

3. va un par de veces al mes, es una buena manera de relajarse

4. no muy bien necesito tomar lecciones de natación

# 11 GRAMMAR FOCUS

## Questions with how; short answers

How often do you work out?

- Every day.
- Twice a week.
- Not very often.

How well do you play tennis?

- Pretty well.
- About average.
- Not very well.

How long do you spend at the gym?

- Thirty minutes a day.
- Two hours a week.
- About an hour on weekends.

How good are you at sports?

- Pretty good.
- OK.
- Not so good.



Complete these questions. Then practice with a partner.

- A: How good are you at volleyball?  
B: I guess I'm pretty good. I often play on weekends.
- A: How long do you spend online?  
B: About an hour after dinner. I like to chat with my friends.
- A: How often do you play chess?  
B: Once or twice a month. It's a good way to relax.
- A: How well do you swim?  
B: Not very well. I need to take swimming lessons.

GROUP WORK Take turns asking the questions in part A. Give your own information when answering.

preguntas con respuestas cortas

## 2 Questions with how; short answers (page 40)

Don't confuse good and well. Use the adjective good with be and the adverb well with other verbs: How good are you at soccer? BUT How well do you play soccer?

Complete the questions with How and a word from the box. Then match the questions and the answers.

good long often well

- often do you lift weights? c
- long do you play tennis? b
- good are you at aerobics? a
- well do you spend at the gym? d

- Not very well, but I love it.
- About six hours a week.
- Not very often. I prefer aerobics.
- Pretty good, but I hate it.



¿Qué tan saludable y en forma estas? Hojeee las preguntas a continuación. Luego adivine su puntaje de salud y condición física de 0 (muy poco saludable) a 50 (muy saludable)

## 14 READING

# Health and Fitness Quiz

How healthy and fit do you think you are? Skim the questions below. Then guess your health and fitness score from 0 (very unhealthy) to 50 (very healthy).



### Your Food and Nutrition

- |  |               |
|--|---------------|
| <b>1. How many meals do you eat each day?</b>                            | <b>Points</b> |
| <input type="checkbox"/> Four or five small meals                        | 5             |
| <input checked="" type="checkbox"/> Three meals                          | 3             |
| <input type="checkbox"/> One or two big meals                            | 0             |
| <b>2. How often do you eat at regular times during the day?</b>          |               |
| <input checked="" type="checkbox"/> Almost always                        | 5             |
| <input type="checkbox"/> Usually   | 3             |
| <input type="checkbox"/> Hardly ever                                     | 0             |
| <b>3. How many servings of fruits or vegetables do you eat each day?</b> |               |
| <input type="checkbox"/> Five or more                                    | 5             |
| <input checked="" type="checkbox"/> One to four                          | 3             |
| <input type="checkbox"/> None  | 0             |
| <b>4. How much junk food do you eat?</b>                                 |               |
| <input checked="" type="checkbox"/> Very little                          | 5             |
| <input type="checkbox"/> About average                                   | 3             |
| <input type="checkbox"/> A lot   | 0             |
| <b>5. Do you take vitamins?</b>  |               |
| <input type="checkbox"/> Yes, every day                                  | 5             |
| <input checked="" type="checkbox"/> Sometimes                            | 3             |
| <input type="checkbox"/> No  | 0             |

### 7. Which best describes your exercise program?

- |   |               |
|---|---------------|
| <input checked="" type="checkbox"/> Both weight training and aerobic exercise | <b>Points</b> |
| <input type="checkbox"/> Either weight training or aerobic exercise           | 5             |
| <input type="checkbox"/> None   | 3             |
|   | 0             |

### 8. How important is your fitness program to you?

- |  |               |
|--|---------------|
| <input checked="" type="checkbox"/> Very important | <b>Points</b> |
| <input type="checkbox"/> Fairly important          | 5             |
| <input type="checkbox"/> Not very important        | 3             |
|  | 0             |



### Your Health

### 9. How often do you get a physical exam?

- |   |               |
|---|---------------|
| <input checked="" type="checkbox"/> Once a year   | <b>Points</b> |
| <input type="checkbox"/> Every two or three years | 5             |
| <input type="checkbox"/> Rarely                   | 3             |
|   | 0             |

### 10. How often do you sleep well?

- |   |               |
|---|---------------|
| <input checked="" type="checkbox"/> Always    | <b>Points</b> |
| <input type="checkbox"/> Usually or sometimes | 5             |
| <input type="checkbox"/> Hardly ever or never | 3             |
|   | 0             |



### Your Fitness

### 6. How often do you exercise or play a sport?

- |   |               |
|---|---------------|
| <input checked="" type="checkbox"/> Three or more days a week | <b>Points</b> |
| <input type="checkbox"/> One or two days a week               | 5             |
| <input type="checkbox"/> Never                                | 3             |
|   | 0             |

### Rate yourself

#### TOTAL POINTS

- 42 to 50:** Excellent job! Keep up the good work!
- 28 to 41:** Good! Your health and fitness are above average.
- 15 to 27:** Your health and fitness are a little below average.
- 14 or below:** You can improve your health and fitness.

7. que de mejor su programa ejercicio  
8. que importante su estado de condición física para usted.

9. con que frecuencia hacen examen

10. con que frecuencia duermes bien

After the quiz and add up your score. Is your score similar to your original guess?