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Licenciatura: Enfermería

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PASIÓN POR EDUCAR

Nombre del trabajo:

Exercises: How often do you

Frontera Comalapa, Chiapas a 06 de diciembre del 2020

karate ✓	<input type="checkbox"/>				
swimming ✓	<input type="checkbox"/>				
tennis ✓	<input type="checkbox"/>				
volleyball ✓	<input type="checkbox"/>				
yoga ✓	<input type="checkbox"/>				



✓ **B PAIR WORK** Which activities in part A are used with *do*, *go*, or *play*?

do aerobics go bicycling play golf
do yoga go swimming play volleyball
do karate go bowling play tennis

↓  **A** Put the adverbs in the correct place. Then practice with a partner.

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



1: You never play sports?

Sure. twice a week i play soccer.

2: What do you usually do on Saturday mornings?

Nothing. I almost always sleep until noon

3: You often do aerobics at the gym?

No. I hardly ever do aerobics

4: Do You always exercise on Sundays?

No. I never exercise on Sundays.

5: What do you usually do after class?

I go out with my classmates about three times a week

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?
A: I play sports often (often / play sports)
2. ever you go jogging do with a friend
Q: Do you ever go jogging with a friend?
A: No, alone always (always / alone)
3. you play do tennis how often
Q: How often do you play tennis?
A: I 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: How often do you go to the gym?
A: I never (never)

Your Food and Nutrition

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

7. Which best describes your exercise program? Points
- Both weight training and aerobic exercise 5
 - Either weight training or aerobic exercise 3
 - None 0
8. How important is your fitness program to you?
- Very important 5
 - Fairly important 3
 - Not very important 0

Your Health

9. How often do you get a physical exam? Points
- Once a year 5
 - Every two or three years 3
 - Rarely 0
10. How often do you sleep well?
- Always 5
 - Usually or sometimes 3
 - Hardly ever or never 0

Your Fitness

6. How often do you exercise or play a sport? Points
- Three or more days a week 5
 - One or two days a week 3
 - Never 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!

Take the quiz and add up your score. Is your score similar to your original guess? Do you agree with your quiz score? Why or why not?

GROUP WORK Compare your scores. Who is the healthiest and fittest? What can you do to improve your health and fitness?

My activities

Hour/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake up early	X		X		X	X	X
Do exercise						X	X
Go shopping							
Washclothes	X	X	X	X	X	X	
Do thehomework	X		X		X		
Gotothechurch							
Gotowork	X	X	X	X	X	X	

