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1- Tiene un Programa de acondicionamiento Físico Regular?  
¿Cada cuanto te ejercitas?

2- ¿Alguna vez vas a un gimnasio?

¿con que frecuencia vas?

¿que haces ahí?

3- ¿Practicas algún deporte?

¿cuales?

¿con que frecuencia los juegas?

4- ¿Alguna vez das largos caminatas?

¿con que frecuencia?

¿A donde vas?

5- ¿Qué más haces para mantenerte en forma?

## Pagma 39.

- 1: I love Practicing and Playing Soccer.
- 2: I like to read reflective stories a lot
- 3: I love listening to electronic music and it relaxes
- 4: I like to work to achieve my dreams.
- 5: I like to exercise once in a while
- 6: I love to know and visit tourist Places.
- 7: I love spending time in nature and animals.

## 11 LISTENING I'm terrible at sports.

Listen to Dan, Jean, and Phil discuss sports and exercise. Who is a couch potato? a fitness freak? a sports fan?



a couch potato



a fitness freak



a sports fan

## 12 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.

**A** Complete these questions. Then practice with a partner.

1. A: How good you play at volleyball?  
B: I guess I'm pretty good. I often play on weekends.
2. A: How often do you like to spend online?  
B: About an hour after dinner. I like to chat with my friends.
3. A: How often you play cards?  
B: Once or twice a month. It's a good way to relax.
4. A: How well do you type?  
B: Not very well, actually. I need to take a typing class.

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



## 13 INTERCHANGE 6 Do you dance?

Find out what your classmates can do. Go to Interchange 6.



# Health and Fitness Quiz

Prueba de Salud y Fitness

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 55 (very healthy).

## Your Food and Nutrition Points

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

## Your Fitness Points

- How often do you exercise or play a sport?
  - Three or more days a week 5
  - One or two days a week 3
  - Never 0

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

## Your Health Points

- Which best describes your weight?
  - Within 6 pounds (3 kg) of my ideal weight 5
  - Within 10 pounds (4.5 kg) of my ideal weight 3
  - More than 12 pounds (5.5 kg) over or under my ideal weight 0
- How often do you get a physical exam?
  - Once a year 5
  - Every two or three years 3
  - Rarely 0
- How often do you sleep well?
  - Always 5
  - Usually or sometimes 3
  - Hardly ever or never 0

## Rate yourself Total Points (35)

- 46 to 55: Excellent job! Keep up the good work!
- 31 to 45: Good! Your health and fitness are above average.
- 16 to 30: Your health and fitness are a little below average.
- 15 or below: You can improve your health and fitness.

A Take the quiz and add up your score. Does your quiz score match your original guess? Do you agree with your quiz score? Why or why not?  
 yes, they agree on some things  
 is almost similar. To be healthy and you lose time

B Group work Compare your scores. Who is the healthiest and fittest? What can you do to improve your health and fitness?  
 we are both almost at the same level  
 you work more in my diet and work my physique  
 How often do you exercise? • 41