



INSTITUCION: UNIVERSIDAD DEL SUREESTE "MATUTINO"

ASIGNATURA: INGLES

TEMA DEL ENSAYO: PAGE 38, 39, 40, 41

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**BIBLIOGRAFIA: JACK C. RICHARDS WITH JONATHAN HULL AND SUSAN
PROCTOR**

A. Group work take a poll in your group. One person takes notes. Take turns asking each person these questions.

1. Do you have a regular fitness program? How often do you exercise?
2. Do you ever go to a gym? How often do you go? What do you?
3. Do you play any sports? Which ones?
How often do you play them?
4. Do you ever take long walks? How often?
Where do you go?
5. What else do you do to keep fit?

Traduccion.

1. ¿Tiene un programa de acondicionamiento físico regular?
¿Cada cuánto te ejercitas?
2. ¿Alguna vez vas a un gimnasio? ¿Con que frecuencia vas? ¿Qué haces ahí?
3. ¿Juegas cualquier deporte?
¿Cuales?

4. ¿Alguna vez das largas caminatas? ¿Con que frecuencia vas?
5. ¿Qué más haces para mantenerte firme?

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- A. Write about your favorite activities. Include one activity that is false.

I like to exercise every 6 times a week, I go for a run every day, I do yoga twice a week and I like to read every day.

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- A. Complete these questions. The practice with a partner.

A: How often do you play at volleyball?

B. I guess I'm pretty good. I often play on weekends.

2.A. How much time do you play spend online?

B. About an hour after dinner. I like to chat with my friends.

3.A: You like to play cards?

B: Once or twice a month. It's a good way to relax.

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 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 da?
 - 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 (3kg) of my ideal weight 5
 - Within 10 pounds (4.5kg) of my ideal weight 3
 - More than 12 pounds (5.5kg) 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	41
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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 Little below average.

15 or below: You can improve your health and fitness.