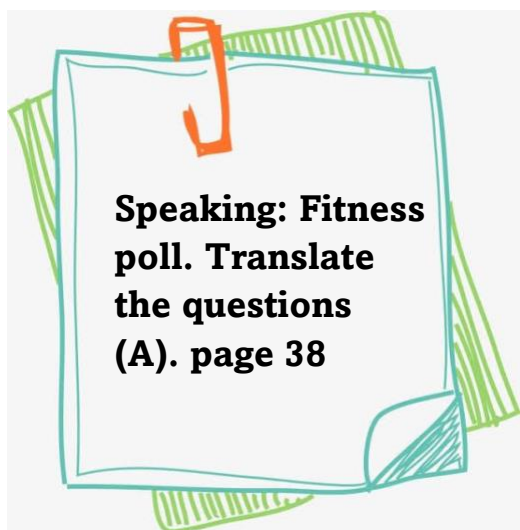


Interchange Student book

Snapshot

● Méndez Colomo Sara Rebeca, ENFERMERÍA



Do you ever take long walks?

Yes, more than 5 kilometers

How often?

Maybe you see once a year

Where do you go?

And gone to the peak of the parrot, in Santo Domingo

Do you have a regular fitness program?

If I have, it is a complete weekly plan for all parts of my body, I have a coach

How often do you exercise?

Monday to Saturday, two hours a day

Do you ever go to a gym?

Yes, I go

How often do you go?

I go to the gym very frequently, from Monday to Saturday

What do you do there?

I lift weights, sit-ups, squats, exercises for my body (muscles) in a complete way with the help of the gym machines

Do you play any sports?

Yes

Which ones?

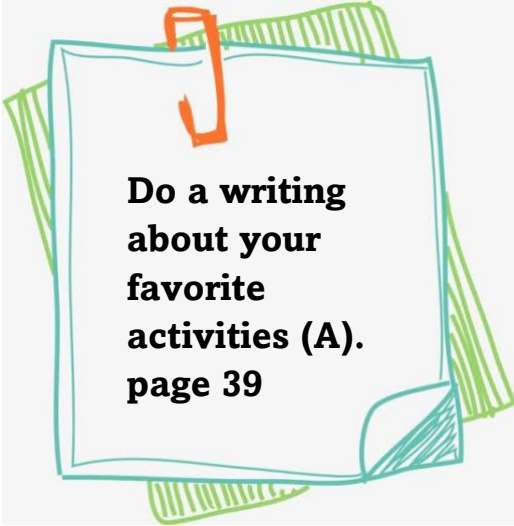
Basketball, volleyball, cycling

How often do you play them?

Usually twice a week any of the three


What else do you do to keep fit?

I have a balanced diet and I hydrate very well



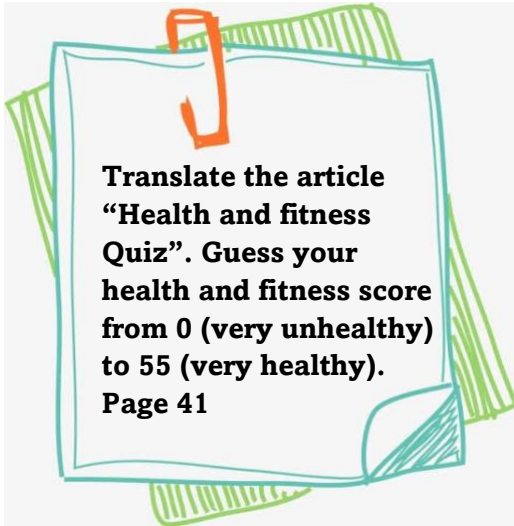
Do a writing
about your
favorite
activities (A).
page 39

I like to exercise daily. At the beginning of the day I go home taking a long morning walk, after arriving home I play basketball in the backyard of my house with my sister for about an hour and a half and after that I prepare my balanced meal, and then leave. To the gym and train my exercise plan with weights



Complete the
questions. Use
How often, how
long, how well,
how good. Page
40

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



Translate the article
"Health and fitness
Quiz". Guess your
health and fitness score
from 0 (very unhealthy)
to 55 (very healthy).
Page 41

Your Food and Nutrition Points

1. How many meals do you eat each day?
 Four or five small meals 5
 Three meals 3
 One or two 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

Your Fitness Points

6. 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

7. Which best describes your exercise program?
 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 Points

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

Rate yourself Total Points 45

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.

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