



WELL- BEING



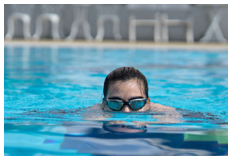
Scan to review worksheet

Expemo code:
15RF-Z7JF-L3JC



1 Warm up

Look at the pictures showing different ways to keep fit and healthy. Then work in pairs to answer the questions.



swimming



running



cycling



meditation



yoga



walking/trekking



Zumba



tennis

1. Do you do/Have you done any of these activities?
2. Which of these activities is best for your heart?
3. Which activity is the most relaxing?
4. Which activities can you do inside, outside or both?
5. Which activities do people usually do alone?



2

Listening

Listen to the "Looking Good" podcast and choose the best option to complete the sentences.

1. Amanda owns a chain of **fashion / fitness / yoga** studios.
2. Well-being means feeling happy and **healthy / relaxed / beautiful**.
3. The presenter goes to the gym once a **week / month / day**.
4. The presenter used to **swim / run / cycle** a lot.
5. Amanda likes swimming **outdoors / in the summer / in the sea**.



Listen again and write the missing words in the gaps. The first letter is given to you.

1. I want to start by a _____ you to define well-being.
2. We hear a lot a _____ well-being these days, and it simply means feeling healthy and happy.
3. I always avoid g _____ to the gym.
4. Many of the people who we work with e _____ exercising if they can be outside.
5. Or you might think about c _____ .
6. I m _____ cycling!
7. And r _____ sounds ok, if the weather's nice.
8. In bad weather, you can still k _____ cycling ...
9. For me, s _____ is the best way to keep fit and stay happy.
10. I actually look f _____ to swimming in the winter.



3 Language point

Study these sentences and match the grammar description with the way that the noun phrases in bold are used in each sentence.

- | | |
|---|----------------------------|
| 1. Zumba is a dance exercise routine with music. | a. object of a preposition |
| 2. We usually discuss fashion, hair and makeup ... | b. object of the sentence |
| 3. Thanks for your advice . | c. subject of the sentence |

We can use *verb + -ing* forms in the same ways. Read these sentences and identify how the *verb + -ing* forms are used.

1. ... but in this podcast, we're going to discuss **well-being**. _____
2. Thanks for **joining** us. _____
3. **Running** is an activity that you can do in your local park. _____

- When the *verb + -ing* form is used as a noun, it is called a **gerund**. We use this form to complete certain verbs. (Other verbs are completed by *to + verb*, or *infinitive*.)
- What I say is: if you **dislike exercising**, then you should **consider changing** activities.

Look back at the second listening exercise and find six more verbs or phrasal verbs that need a gerund to complete them.

We can also use the *verb + ing* form in other ways. Match the grammar description with the way that the words in **bold** are used in each sentence.

- | | |
|--|---|
| 1. But what about if it's raining ? | a. as an adjective |
| 2. Exercise is something we have to do, even if it's boring . | b. as part of a collocation with a verb |
| 3. I go swimming outdoors, once a week. | c. as part of a continuous verb form |



4 Practice

Reorder the words to make sentences. Say how the *verb + -ing* forms in bold are used in each sentence.

about / Do / **cycling** / me? / talk / to / want / with / you

1. _____

a deer! / **cycling** / the park / through / We / we saw / were / when

2. _____

a lot. / and / discuss / friends / I / My / **running**

3. _____

for / good / heart. / is / **Swimming** / very / your

4. _____

a / buy / goggles. / good / idea / It's / **swimming** / to

5. _____

a wetsuit, / can / in the winter. / keep / outdoors / **swimming** / With / you

6. _____

alone, / also train / but / go / Most people / **running** / with a friend. / you can

7. _____

don't have / I / it. / really miss / **running** / time / to do / when I

8. _____



5 Speaking

Work in A/B pairs. First, complete the middle column of the table with your own ideas. You must use *verb + -ing* forms, as in the example.

	my answers	my partner's answers
<i>Example: an activity I do for exercise</i>	<i>swimming</i>	<i>walking</i>
an activity I do for exercise		
something that I think about doing when I wake up in the mornings		
something that I look forward to doing every day		
something that I try to avoid doing		
something that I would miss doing if I stopped		
something I enjoy doing on holiday		
something I would like to say thank you to someone for doing		
something I want to discuss doing with my friends		
something that I do now and I want to keep doing it when I'm older		
how I would describe English grammar		

Then take turns to ask and answer questions with your partner. Ask extra questions to find out more information, as in the example. Make a note of what your partner says.



- A: Tell me an activity you do for exercise.
B: Swimming is an activity I do for exercise.
A: How often do you go swimming?
B: I go swimming once a week. What about you?
A: The activity I do for exercise is walking.
B: Where do you go walking?

1. How many things are the same or similar for you and your partner?
2. What's the most surprising answer your partner gave?
3. Which question asks you for an adjective?

6 Extra practice/homework

All of these sentences should use *verb + -ing* forms. Find and correct the mistakes and say what type of grammar each *verb + -ing* form is.

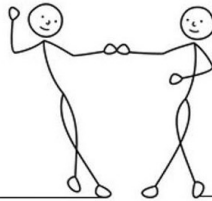
1. I was swim in the sea when I saw a shark!
2. I'm looking forward to run again when the weather is nicer.
3. If you dislike walk, then try Zumba!
4. Lots of people wear cycled shorts, but I think they look strange.
5. Thanks for walk with me.
6. To walk is the best form of exercise, in my opinion.
7. Would you like to go cycle with me sometime?
8. You should consider to walk to school if it's close to your house.



7

Optional extension

Read about how to do three basic Zumba dance moves. Show your understanding by doing the physical movements or by drawing pictures of the moves. You don't have to be a great artist to draw the moves, just use stick figures, like in the picture.

**Basic Salsa**

Stand with both feet together. Step to the right and bend your knees. Return your right foot to the middle. Step to the left and bend your knees. Return your left foot to the middle. Try it again and go faster. Make your shoulders move with your feet.

Merengue march

Stand straight with both feet together. Bend your right foot slightly to the side and then return to the middle. Bend your left foot slightly in the same way and then return it to the middle. Repeat the step, but when you move your right foot, stick out your left arm to the side and when you move your left foot, stick out your right arm to the side. The arm that doesn't stick out should go in front of your chest.

Basic Reggaeton

Begin with both feet together. Bend your right foot and drop your right arm to the side so that it is pointing towards the floor. At the same time, bend your left arm and place it over your stomach. Return arms and legs to the starting position. Then bend your left foot and drop your left arm to the side so that it is pointing towards the floor. At the same time, bend your right arm and place it over your stomach. Return arms and legs to the starting position. Do this faster and try to repeat the movements in this pattern: single, single, double, double.