

Week 8

## #36 Why more of us are getting fitter together

**Skills/ Objectives: Listening and Speaking**

### **PART 1: Before you listen...**

#### **Preparatory questions**

1. Do you exercise regularly? How often do you exercise? What kinds of exercise do you do?
2. Do you exercise by yourself or with someone? Who are they? Do you enjoy exercising alone or with your friends? Why?

#### **Vocabulary**

1. Wrestle with (verb): to try to solve a difficult problem
2. Motivate (verb): to encourage somebody to do something
3. Work out (verb): to exercise
4. Sedentary (adjective): involving very little exercise
5. Commune (verb): to get close with somebody

### **PART 2: Audio clip**

In the audio recording, Catherine and Rob discuss the reasons why more people go to gym in recent years.

**Why more of us are getting fitter together** (*click the link listen to the recording*)

<http://www.bbc.co.uk/learningenglish/english/features/6-minute-english/ep-171123> (6:17 minutes)

(Source: BBC Learning English)

### **PART 3: Let's discuss!**

1. According to the recording, why do people in the UK go to gym? How about in Hong Kong? Do you think more people in Hong Kong go to gym now? Why do they go to gym?

### **PART 4: Speaking**

Learn how to pronounce the consonant /m/ here (gym):

<http://www.bbc.co.uk/learningenglish/english/features/pronunciation/otherconst1>

### **PART 5: Learn further**

1. **4 easy lifestyle changes to help make getting fit and staying healthy easier**

This article provides four pieces of advice to help people get fitter and stay healthy. Which piece of advice do you find the most useful?

<https://yp.scmp.com/go-to-gurus/advice/article/109298/4-easy-lifestyle-changes-help-make-getting-fit-and-staying-healthy>