



HEALTH & LIFESTYLE

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Activity 1: What works for you?

Discuss these questions with a partner.

1. What kinds of physical activity do you enjoy, if any?
2. Would you rather exercise alone or with other people? Why?
3. Do you prefer outdoor activities or indoor activities?
4. What makes it difficult for people to exercise regularly?
5. How can people be more active without joining a gym?
6. How much influence do advertisements and social media have on people's lifestyle choices?

Activity 2: Find the best option

Read the situations. Choose the option you think would work best and explain why.

There may be more than one good answer.

1. Maya works long hours and has very little free time.
 - A. Walk for 15 minutes during her lunch break.
 - B. Join an expensive gym that is far from home.
 - C. Wait until she has a completely free day to exercise.
2. Daniel doesn't enjoy traditional exercise.
 - A. Force himself to run every morning.
 - B. Try dancing, gardening or another activity he enjoys.
 - C. Stop trying to be active.
3. Priya spends most of her working day at a desk.
 - A. Take short movement breaks when possible.
 - B. Exercise for hours only at weekends.
 - C. Avoid standing up because it interrupts her work.

4. Leo often buys food when he is hungry and in a hurry.

- A. Plan a few simple meals or snacks ahead of time.
- B. Stop eating during the working day.
- C. Buy whatever is advertised most often.

5. Ana wants to spend less time on her phone at night.

- A. Keep checking it until she feels sleepy.
- B. Put it away for a short period before bedtime.
- C. Replace it with another screen.

6. Sam wants to become more active but has limited mobility.

- A. Choose an activity that suits his abilities and, if needed, seek suitable guidance.
- B. Copy an intense workout from social media.
- C. Assume that physical activity is not possible for him.

Activity 3: Lifestyle choices — compare and discuss

Compare the options in each pair. Which would suit you better? Why?

1. Walking for 20 minutes every day / doing one long workout at the weekend
2. Cooking at home / buying ready-made meals
3. Exercising alone / joining a group activity
4. Going to bed at the same time / staying up late and sleeping longer the next day
5. Taking a break from your phone / using it to relax
6. Planning your week / deciding what to do each day

Use these expressions:

- I'd rather... because...
- I find ... more practical than...
- The main advantage is...
- One possible disadvantage is...
- It depends on...
- In the long run, I think...

Activity 4: The realistic healthy week

Work with a partner. You have been asked to help a busy adult make a few realistic lifestyle changes.

Your person:

- Works five days a week.
- Spends a lot of time sitting down.
- Often feels tired in the evening.
- Enjoys meeting friends.
- Has a limited budget.
- Doesn't want a strict exercise or food plan.

Create a simple weekly plan.

Include:

- Two or three ways to be more active
- One practical food-related change
- One way to make time for rest
- One enjoyable social activity
- One way to reduce unnecessary screen time

Your plan must be realistic. You cannot change the person's working hours or spend much money.

Present your plan to another pair. Explain why your ideas could work.

REAL ENGLISH BOX

- I'm up for it. — I'm willing and happy to try it.
- It's not really my thing. — I don't particularly enjoy it.
- I need to get moving. — I need to become active.
- I'm trying to cut back on... — I'm trying to do or use less of something.
- That sounds doable. — That sounds possible and realistic.

Complete each mini-dialogue.

1. "Would you like to try a beginner's dance class?" "Sure! _____"
2. "Why don't you join a running club?" "Thanks, but running _____"
3. "You've been sitting all afternoon." "You're right. _____"
4. "I'm spending too much time on social media." "Maybe _____
the time you spend on it."
5. "Let's walk to the market instead of taking a taxi." "Good idea. _____"

Activity 5: Convince your partner

Student A chooses one activity:

- Walking regularly
- Learning to cook a few simple meals
- Joining a sports or exercise group
- Taking regular breaks from screens
- Going to bed at a more consistent time

Student B is not convinced. Explain the benefits and respond to objections. Then switch roles.

Try to use at least three expressions from the REAL ENGLISH BOX.

Teacher's Key

Activity 2:

Suggested answers: 1 A, 2 B, 3 A, 4 A, 5 B, 6 A.

Other suggestions may be reasonable if students explain their choices.

Activity 5, mini-dialogues:

1. I'm up for it.
2. isn't really my thing.
3. I need to get moving.
4. cut back on
5. That sounds doable.

Activities 1, 3, 4 and 5:

Answers will vary.

In Activity 4, assess whether the plan is practical, affordable and suited to the person's needs.