

# 6

# How often do you exercise?

## 1 SNAPSHOT

**Top six sports**  
and fitness activities  
for teenagers in  
the United States

**MALES**

1. Football
2. Basketball
3. Weight training
4. Jogging
5. Bicycling
6. Swimming

**FEMALES**

1. Swimming
2. Basketball
3. Bicycling
4. Aerobics
5. Jogging
6. Regular fitness program

Source: America's Youth in the 1990s; George H. Gallup International Institute

**Talk about these questions.**

- Do males and females in your country enjoy any of these sports or activities?
- Do you enjoy any of these or other sports or activities? Which ones?

## 2 WORD POWER Sports and exercise



**A Pair work** Which of these activities are popular with the following age groups? Check (✓) the activities. Then compare with a partner.

	Children	Teens	Young adults	Middle-aged people	Older people
aerobics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
baseball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
bicycling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rollerblading	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
soccer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
tennis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
weight training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
yoga	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- A: I think aerobics are popular with teens.
- B: And with young adults.

**B Pair work** Which of the activities above are used with *do*, *go*, or *play*?

*do aerobics* ..... *go bicycling* ..... *play baseball* .....

.....

.....

### 3 CONVERSATION Describing routines

**A**  Listen and practice.

Marie: You're really fit, Paul. Do you exercise very much?

Paul: Well, I almost always get up very early, and I lift weights for an hour.

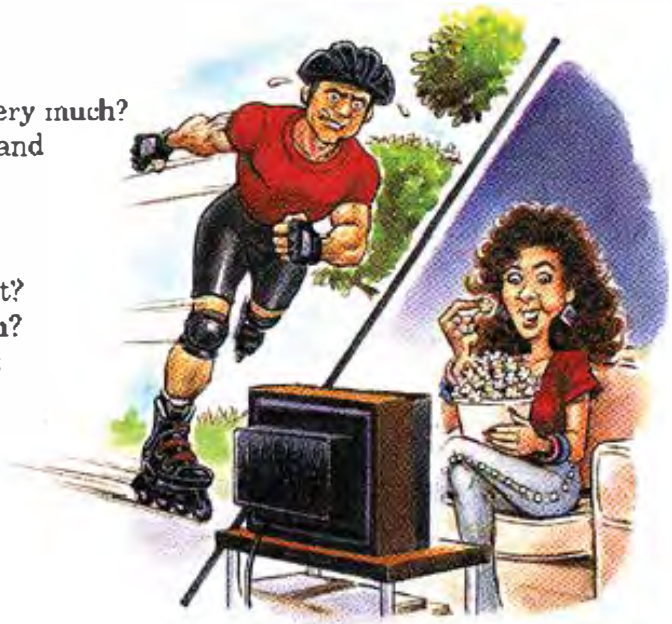
Marie: You're kidding!

Paul: No. And then I often go rollerblading.

Marie: Wow! How often do you exercise like that?

Paul: About five times a week. What about you?

Marie: Oh, I hardly ever exercise. I usually just watch TV in my free time. I guess I'm a real couch potato!



CLASS  
AUDIO  
ONLY

**B**  Listen to the rest of the conversation.

What else does Paul do in his free time?

### 4 GRAMMAR FOCUS

#### Adverbs of frequency

How often do you usually exercise?

I lift weights every day.

I go jogging about once a week.

I play basketball twice a month.

I exercise about three times a year.

I don't exercise very often/very much.

Do you ever watch television in the evening?

Yes, I almost always watch TV after dinner.

I sometimes watch TV before bed.

Sometimes I watch TV before bed.\*

I seldom watch TV in the evening.

No, I never watch TV.

100%

always  
almost always  
usually  
often  
sometimes  
seldom  
hardly ever  
almost never  
never

0%

\*Sometimes can begin a sentence.


**A** Put the adverbs in the correct place. Then practice with a partner.

- A: What do you do on Saturday mornings? (usually)  
B: Nothing much. I sleep until noon. (almost always)
- A: Do you go bicycling? (ever)  
B: Yeah, I go bicycling on Saturdays. (often)
- A: How often do you play sports? (usually)  
B: Well, I play tennis. (twice a week)
- A: What do you do after class? (usually)  
B: I go out with my classmates. (about three times a week)
- A: How often do you exercise? (usually)  
B: I exercise. (seldom)

**B Pair work** Take turns asking the questions in part A. Give your own information when answering.



## 5 PRONUNCIATION Sentence stress

**A**  Listen to the syllables stressed in each sentence. Notice that the adverbs of frequency are stressed. Then practice the sentences.

- I hardly **é**ver do **yó**ga in the **mó**rning.  
 I **ó**ften go **Ró**llerblading on **Sá**turdays.  
 I almost **á**lways play **té**nnis **ó**n **wé**ekends.

**B Pair work** Write four sentences about yourself using adverbs of frequency. Then take turns saying the sentences using the correct stress.

## 6 FITNESS POLL

**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 do there?



3. Do you play any sports?  
How often do you play?



4. How often do you take long walks?  
Where do you go?




5. What else do you do to keep fit?

**B Group work** Study the results of the poll. Who in your group has a good fitness program?

## 7 LISTENING

CLASS AUDIO ONLY 

 Listen to what Ted, Wanda, and Kim like to do in the evening. Complete the chart.

	Favorite activity	How often?
Ted	.....	.....
Wanda	.....	.....
Kim	.....	.....

## 8 WRITING Favorite activities


**A** Write about your favorite activities.



*I love to exercise. I usually work out every day. I get up early in the morning and go running for about an hour. Then I often go to the gym and do aerobics. Sometimes I go for a walk in the afternoon. About once a week, I play basketball.*

**B Group work** Take turns reading your compositions. Then answer any questions from the group.

## 9 CONVERSATION Describing exercise

 Listen and practice.

**Rod:** You're in great shape, Keith.  
Do you work out at a gym?

**Keith:** Yeah, I do. I guess I'm a real fitness freak.

**Rod:** So, how often do you work out?

**Keith:** Well, I do aerobics every day after work.  
And then I play racquetball.

**Rod:** Say, I like racquetball, too.

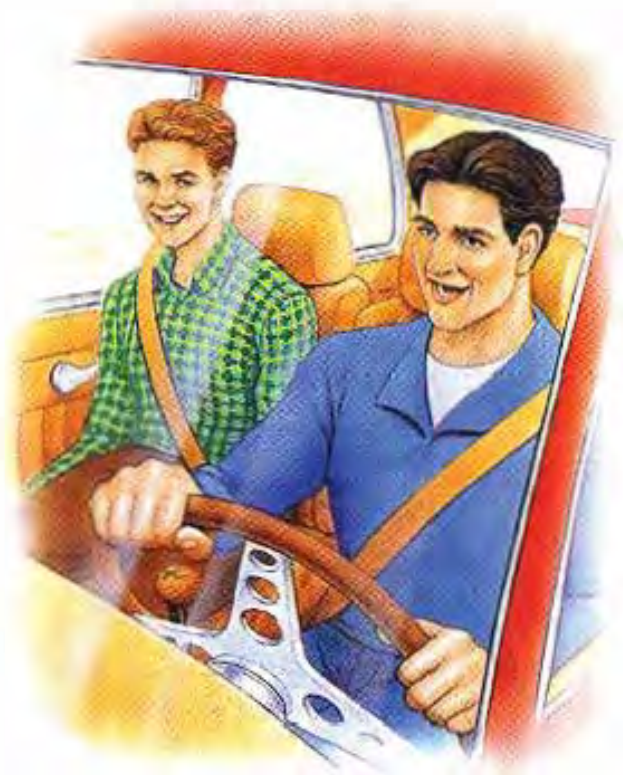
**Keith:** Oh, do you want to play sometime?

**Rod:** Uh, . . . how well do you play?

**Keith:** Pretty well, I guess.

**Rod:** Well, all right. But I'm not very good.

**Keith:** No problem, Rod. I won't play too hard.



# 10 LISTENING

CLASS AUDIO ONLY

Listen to John, Anne, and Phil discuss sports and exercise. Which one is a couch potato? a fitness freak? a sports fanatic?



a couch potato



a fitness freak



a sports fanatic

1. .... 2. .... 3. ....

## interchange 6

**Fitness quiz**  
Find out how fit you are. Turn to page 1C-8.

# 11 GRAMMAR FOCUS

### Questions with how; short answers

How often do you work out?	Twice a week. Not very often.
How much time do you spend at the gym? How long do you spend working out?	Around two hours a day. I don't work out.
How well do you play racquetball?	Pretty well. About average, I guess. Not very well.
How good are you at sports?	I'm pretty good at sports. I guess I'm OK. Not too good.

**A** Complete these questions. Practice with a partner. Then write four more questions.

1. A: ..... at volleyball?  
B: I guess I'm pretty good.
2. A: ..... swim?  
B: Not very well, but I'd like to learn to swim better.
3. A: ..... watch sports?  
B: Pretty often. About three or four times a week.
4. A: ..... spend exercising?  
B: I spend about an hour every day.

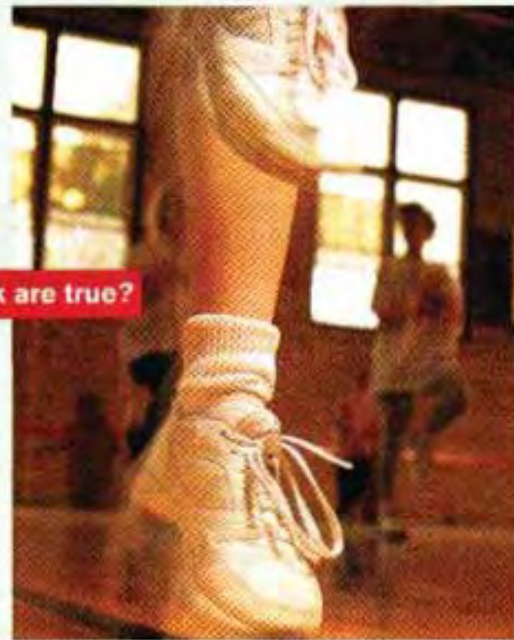


**B Group work** Take turns asking the questions in part A and your own questions. Give your own information when answering.

Who in your group is a couch potato? a fitness freak? a sports fanatic?

## 12 READING

# Smart Moves



Look at the statements in part A below. Which do you think are true?

**I**t won't surprise fitness freaks to learn that aerobic exercise does more than raise the heart rate: It lifts the spirit and builds confidence. But many brain researchers believe that something else happens, too. Just as exercise makes the bones, muscles, heart, and lungs stronger, researchers think that it also strengthens important parts of the brain.

Research suggests that aerobic exercise helps you learn new things and remember old information better. Aerobic exercise sends more blood to the brain and it also feeds the brain with substances that develop new nerve connections. If the exercise has complicated movements like dance steps or basketball moves, the brain produces even more nerve connections – the more connections, the better the brain can process all kinds of information.

Scientists still don't fully understand the relationship between exercise and brain power. For the moment, people just have to trust that exercise is helping them to learn or remember. Scientific research clearly shows, however, that three or more workouts a week are good for you. A study in the *Journal of the American Medical Association*, for example, shows that walking four to five miles (6.5 to 8 km) an hour for 45 minutes five times a week helps you live longer. So don't be a couch potato. Get out there and do something!

**A Pair work** According to the article, which of these statements are probably true? Check (✓) the statements. What information helped you determine this? Underline the information in the article.

Exercise . . .

- |  |                          |                                      |                          |
|--|--------------------------|--------------------------------------|--------------------------|
| 1. makes you feel happier.             | <input type="checkbox"/> | 5. can help you learn things better. | <input type="checkbox"/> |
| 2. makes you feel more self-confident. | <input type="checkbox"/> | 6. helps you remember things better. | <input type="checkbox"/> |
| 3. strengthens the body.               | <input type="checkbox"/> | 7. gives you better eyesight.        | <input type="checkbox"/> |
| 4. can increase your height.           | <input type="checkbox"/> | 8. helps you live longer.            | <input type="checkbox"/> |

**B Pair work** Talk about these questions. Explain your answers.

- Do you think that exercise helps people to learn and remember better?
- Can you think of other benefits from exercise?
- What benefits are most important to you?

## interchange 6 FITNESS QUIZ

**A Pair work** Interview a partner using this simple quiz. Then add up your partner's score, and find his or her rank below.

Your Nutrition		Points	Your Fitness		Points
1. How many meals do you eat during a day?			7. How often do you exercise?		
• Five or six small meals	6		• Three or more days a week	6	
• Three meals	3		• One or two days a week	3	
• One or two meals	0		• Never	0	
2. Do you eat at regular times during the day (not too early or too late)?			8. Which best describes your fitness program?		
• Almost always	6		• Both weight training and aerobic exercise	6	
• Usually	3		• Weight training or aerobic exercise only	3	
• Seldom	0		• None	0	
3. How many servings of fruits and vegetables do you usually have a day?			9. How important is your fitness program to you?		
• Five or more	6		• Very important	6	
• Two to four	4		• Somewhat important	3	
• One or none	1		• Not very important	0	
4. How much fatty food do you eat?			<b>Your Health</b> <span style="float: right;">Points</span>		
• Very little	6		10. Which best describes your weight?		
• About average	3		• Within 6 pounds (3 kg) of my ideal weight	6	
• A lot	0		• Within 10 pounds (4.5 kg) of my ideal weight	3	
5. Do you take vitamins every day?			• More than 12 pounds (5.5 kg) over or under	0	
• Always	6		11. How often do you have a complete physical?		
• Often	4		• Once a year	6	
• Sometimes	2		• Every two or three years	3	
6. Do you take more vitamins when you are sick?			• Almost never go to the doctor	0	
• Yes	4		12. How often do you smoke?		
• No	2		• Never	6	
			• Hardly ever	1	
			• Often	0	
<b>Rank your partner.</b>			<b>Total Points</b> <input style="width: 50px; height: 30px;" type="text"/>		
55 to 70 points: Super job! Keep up the good work!					
35 to 54 points: Good job! Your health and fitness are above average.					
15 to 34 points: Your health and fitness are below average. Try to learn more about health and fitness.					
14 points and below: You seem to be out of shape. Now is the time to start making changes. See your doctor or other professionals if you need help.					

**B Group work** Compare your scores in groups. Who is the fittest? What can you do to improve your fitness?

"I need to . . ."