

Advice: Keeping Fit

(Video)



Why don't you.....?
You ought to.....
You should.....
You shouldn't.....
You could.....
What about.....(...ing)?
How about.....(...ing)?
If I were you, I'd.....
If you.....will.....
Have you thought of.....(...ing)?
You have to.....
You don't have to.....

join a gym
contract a personal trainer
consume less alcohol and sugary drinks
eat more fruit and wholemeal foods
play sports or do exercise
go on a diet
stop (give up) smoking
limit processed food
swap whole milk for skimmed milk
go shopping when you're hungry
cook fish and vegetarian dishes
walk instead of using the car

Advice / Advise - Tips - Be Careful about..... - Don't worry about..... - Snacks - Junk Food - Fast Food - Organic - Get in Shape - Keep Fit - Be Healthy - Cut Down (on...) - Cut Out



taking the stairs instead of the escalator or lift



park the car 10 minutes away from your destination and walk the remainder distance



walk or cycle for short trips



take your dog for a walk



get off the bus/train/tram one or two stops earlier and walk the remainder distance



work in the garden



play actively with children



do simple exercises such as jogging on the spot when waiting for the kettle to boil or food to cook

Advice: Keeping Fit (Audio)

Before you read the text below listen to the Audio File and mark each sentence: TRUE OR FALSE?

1. It is difficult to know what to eat if you're not a nutritionist.
2. You should be careful about eating a big breakfast.
3. If you take fruit to work, you won't eat snacks.
4. You ought to cut out tea, coffee or juice.
5. You don't have to eat less meat than before.
6. You could learn how to cook more dishes if you want to eat healthy food.

Now listen again, and fill in the gaps:

If you're not (1) _____ about what you eat, you may have obesity or heart problems when you are older.

(2) _____ about healthy eating can sometimes be very complicated, but it isn't very difficult. You don't have to be a nutritionist to understand. Let's look at some simple tips:

Why don't you get up fifteen minutes earlier and have a bigger breakfast? You (3) _____ drink some orange juice, and (4) _____ whole milk for skimmed milk. You could eat some toast and jam or marmalade. Be careful about eating cakes and biscuits.

If you don't have much time to eat during the day you (5) _____ to take some fruit with you to work or university. If you don't, you (6) _____ probably buy snacks with a high salt or sugar content. A banana, apple or some nuts will help you avoid this.

If I were you, I (7) _____ take a bottle of water everywhere. You don't have to give up tea, coffee or juice, but water should be 80% of all the liquid you drink.

How about (8) _____ down on meat consumption? Many people consume meat every day of the week. If you limit meat dishes, or cook meat every two days, you (9) _____ eat more fruit and vegetables.

Have you thought (10) _____ going to a quick cooking course? Sometimes we buy processed food because we don't know what to cook. It's a good way to start getting fit.