GETTING STARTED

1. Look at the headlines of the magazine articles. What do you think the articles are about? Which would you be most interested in reading?

2. Listen to two people talking about health and fitness. Which headline are they discussing?

3. Listen again. Complete the sentences with one or two words from the recording.

   1. … sit down and enjoy our lunch. We’ve got _______ time.
   2. I get a bit of heartburn if I eat too much _______.
   3. Well, research suggests there’s a link between _______ and eating quickly.
   4. Therefore, the quicker you eat, the more _______ you’ll _______.

4. Work with a group and answer the questions.

   1. Is there a problem with unhealthy eating in your country? Why / Why not?
   2. Should there be a ban on junk food for people under 14 years old? Why / Why not?
   3. Do you think about the calories in your food before you eat? Why / Why not?
WEAK FORMS: THE SCHWA /ə/

One of the most common vowel sounds in English is the schwa /ə/. It is an unstressed (weak) sound that can typically be found in connected speech when pronouncing articles, prepositions, conjunctions and auxiliaries. For example:

We've got plenty of time.
I get a bit of heartburn.

VOCABULARY

HEALTH AND FITNESS

1 Read an extract of Mauro's blog. Does he lead a healthy or unhealthy lifestyle?

I love eating junk food and for years I overdid it. I mean, I used to eat junk food every week and was about five kilos overweight. Not quite obese, but I was getting there. Anyway, I went hiking with some friends, and I just couldn't keep up. My legs were aching after the first day and it was a bit embarrassing to be honest! So, when I got back, I decided to start keeping track of what I ate by recording it in a food diary. I realised I needed to cut down on processed food, like all those burgers I was eating! I monitored the amount of salt I was consuming too – just to make sure I kept it within a reasonable limit. And, I started exercising: walking to work instead of taking the bus, that type of thing, and then, after about 12 months, I decided I'd like to run a marathon. Yeah, I know! It was hard work, all that training, but I was really pleased with my rate of progress and, well, I ran my first one last month in under four hours!

2 Match the words in bold in the blog with the definitions (1–7).

1 reduce the amount of something you consume
2 stay level or equal with someone
3 recording something over a period of time
4 too heavy
5 did or used too much of something
6 the speed at which something happens
7 having a continuous pain that is unpleasant but not strong

3 Decide what type of word is needed for each gap (1–7). Then complete the sentences using the words in bold in Exercise 2. You may need to change the tense or word form.

1 You're training too hard at the gym. If you keep it, you may get injured.
2 He decided to go on a low-fat diet as he was a little ________. 
3 I went jogging with my brother yesterday. He ran too fast and I couldn't ________. 

4 After a few hours of playing basketball, your muscles can really start to ________. 
5 After ________ on the amount of coffee I was drinking, I started to sleep much better. 
6 I use an app to ________ of how many calories I consume each day.
7 The ________ at which he recovered from his illness was quite remarkable.

4 Imagine you are going to interview someone who has recently made a healthy lifestyle change. Using the health and fitness vocabulary to help you, write five questions to find out about this change.

Why did you decide to make a healthy lifestyle change?

5 Work with a partner. Student A is the interviewer and asks Student B their questions from Exercise 4. Student B, imagine you have recently made a healthy lifestyle change. Answer Student A’s questions. Then swap roles.
1 Work with a partner and answer the questions.

1 Look at the photos. In what ways are the photos similar or different? How would you describe the people’s lifestyles?

2 Do you know anyone who has a similar lifestyle to the people in the photos?

2 Read the short texts quickly. Match the photos (1–3) with the texts (A–D). Which person isn’t shown in the photos?

3 Read the texts again. For questions 1–5 on page 17, choose from the texts (A–D). The texts may be chosen more than once.

4 In what ways do you admire the people in the texts?

5 Choose a person from the texts. Research them online and note down a few interesting facts. Tell your group. As a group, decide who you most admire and why.

**NO AGE, NO LIMIT**

A Dr Peggy Styles

At 86, Peggy Styles has become the oldest ever person to graduate from Bristol University. To say it was an uphill struggle at times is an understatement. Midway through her program, Peggy needed to take a few years out to rest after suffering severe kidney failure. At one stage, it was touch and go whether she’d make it. Although Peggy’s physical health suffered and she even had to learn to walk again, it appears her brain continued to function effectively. The title of her dissertation for her doctorate was, “Changing perceptions: higher education amongst elderly populations” and, although it took eight years to complete, Peggy has confessed that she’s now hooked on writing and research.

B Dr Allan Stewart

Australian born Allan broke his own age record when he successfully completed his degree at the advanced age of 97. Alan, who has now completed his fourth degree, returned to education in his 80s after retiring from work in order to keep his brain sharp and stay mentally active. While he’s more famous for his mental rather than physical agility, Allan keeps himself in shape by walking, fishing and swimming. Allan says this will be his last degree as he’s getting bored with studying, although he has said that at least once before so who knows – perhaps he’s obsessed!

C Doreen Pechey

Doreen, who had to rethink her diet and fitness plan when she took up ballet at 61, became the oldest ballerina in Britain to pass the Royal Academy Grade 6 dance exam just ten years later. The semi-retired electrical engineer, who despite recently having knee replacement surgery, is now back on her feet and claims to have more agility than ever. In fact, she believes without ballet she’d have been out of action for some time. Not only that, Doreen has dropped two dress sizes too. Although in her 70s, Doreen has chosen to train with teenagers who don’t appear to mind the age difference at all. And, why should they?

D Lou Batori

Although he’s never taken an exam, Hungarian born Lou Batori, 106, has been skiing for over 96 years. He puts his good health down to a healthy diet, a love of good food and drink and a healthy marriage. Nevertheless, the risk-taking grandfather, who can be seen speeding down the slopes in the USA, clearly keeps in shape by doing tough physical exercise. Although he still skis regularly, Lou has slowed down to recharge his batteries and enjoys reading to relax. After all, he doesn’t want to get injured, does he?
**IDIOMS**

1. Match the expressions in red in the texts with the correct definitions.

   A. to be well again after an illness
   B. to stay physically healthy
   C. an uncertain situation
   D. to rest for a period of time
   E. to stay mentally active

2. Complete the second sentence with a phrase from Exercise 1 so that it has a similar meaning to the first sentence. Use between two and five words for each sentence, including the word in bold. The first one has been done for you.

   1. He's now well again after his recent operation.  
      BACK  
      He's now back on his feet after his recent operation.

   2. I've been doing a lot of puzzles to stay mentally active.  
      SHARP  
      I've been busy by doing a lot of puzzles.

   3. She feels much better after resting for two weeks in Italy.  
      RECHARGE  
      After recharging for two weeks in Italy, she feels much better.

   4. I stayed physically active by running in the local park.  
      SHAPE  
      I ran in the local park .

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**SPEAKING PART 2**

1. Work with a partner and answer the questions.

   1. What's the difference between mental and physical health?
   2. What are two ways someone might stay mentally active and two ways they might stay physically active?
   3. Why is it important to stay in good physical and mental shape?

2. Listen and decide which question Maria is answering.

   1. What do you think these people like about these types of food?
   2. Why have these people chosen to eat these types of food?
   3. What are the advantages and disadvantages of eating in these different ways?

3. Look at the words and phrases in the box. Listen again and tick the words and phrases Maria uses.

   both    looks as though    the same as    even though
   looks like    though    instead of    neither
   unlike    looks as if    rather than    while

4. Read the responses from candidates completing Part 2 of the Speaking exam. Correct the mistake in each response.

   1. At the first photograph, you can see a picture of two people eating in a restaurant.
   2. The second photo appears to show a woman eat on a bus.
   3. It looks as two people are enjoying a meal together in the first photo.
   4. I think the woman eats a burger or a sandwich in the second photo.
   5. A lot of people tend being quite busy at work, so they don't have much time to eat.

5. Work in pairs.

   **Student A:** Answer the Speaking Part 2 question on page 199.
   **Student B:** Answer the Speaking Part 2 question on page 198.
LISTENING
UNDERSTANDING DISTRACTORS

1 Look at the photos of health and fitness apps and answer the questions.
1 What information does each app give you?
   Which have you tried?
2 What do you think are the advantages and disadvantages of these apps?

2 Listen to Chloe talking to her friend Ali about health and fitness apps. Which app (A–D) is she trying out?

3 Read the information in the box. Then listen again and answer the questions.
   When answering questions, listening only for key words may distract you from choosing the correct answer. Notice too that the speakers may correct themselves or each other. Always listen to the whole conversation to understand the whole idea.

1 What is Chloe’s opinion of smartwatches according to Ali?
2 Which app does Ali suggest is unnecessary for Chloe?
3 Which app does Chloe think is too difficult to use?
4 Which app does Chloe think she’ll quickly lose interest in?
5 Why is Ali surprised by the app Chloe has chosen to use?

4 Look at the phrases in the box below and check you know what they mean. Now listen to a later conversation between Ali and Chloe. Which phrase describes why Chloe has given up?
   an injury    extremely hungry    didn’t lose weight
   sore muscles    too tired

5 Listen again. Make notes about what Ali and Chloe say about the other phrases in the box. Why are they distractors?

6 Work with a partner and answer the questions.
1 To what extent can apps like these help with weight loss or to get adequate sleep? How beneficial is an app which measures your heart rate?
2 Some people believe that technology has had a negative impact on our health in recent years. Do you agree? Why? / Why not?
3 Do you believe it’s possible to become too focused on healthy eating? Why? / Why not?
4 What do you think about smartwatches? Would you ever buy one? Why? / Why not?
Look at the sentences from the conversation between Ali and Chloe.

1. I've wanted to buy a smartwatch for ages.
2. My legs didn't stop aching for days after that.

What is the form of the words after the verbs in bold?

Complete the sentences with the correct form of the verb in brackets.

1. Having a high protein diet is supposed ______ good for you, but I'm not convinced. (be)
2. I tend ______ breakfast during the week but I know that isn't good for me. (skip)
3. A lot of people use apps to keep track of their food ______, but I can't stand ______ them. (use)
4. If you don't have a balanced diet, you may risk ______ yourself in the future. (harm)
5. Many people, myself included, refuse ______ energy drinks because of their high sugar level. (drink)
6. If you want to train to run a marathon, you should avoid ______ foods that are high in fat. (eat)
7. I would never give up ______ a sport I love just to concentrate more on my studies. (play)

Work with a partner and discuss the sentences in Exercise 2. Do you agree with the speaker?

Listen to an extract of a conversation between two friends, Matilde and Franco. Complete the gaps with words you hear.

Matilde: Well, when I saw the poster at the food market, I ______ a look. I wanted to get more information. You'd said more and more people have ______ meat these days.
Franco: Yes, I ______ you about the benefits of vegetarianism when we met in the café last week. Although, I didn't ______ you the address of the food market, so I'm glad you found it.
Matilde: No problem. It was really interesting and I loved the variety of fruit and vegetables on offer. A friend of mine also told me that I should ______ meat and fish from my diet. I wanted to speak to a professional, so I ______ a meeting with a nutritionist but sadly no-one was available.
Franco: That's a shame.

Read the extract in Exercise 4 again and look at your answers. What is the difference in meaning between each pair of verb forms?

Circle the correct option.

1. I've stopped ______ to consume/consuming foods which are high in fat as I want to lose weight.
2. I'm trying ______ to cut out/cutting out sugar from my diet, but I'm finding it really difficult.
3. I was starving, so I stopped ______ a quick bite to eat on my way to class.
4. When I'm really busy, I find it hard to remember ______ to eat/eating regular meals.
5. I lived in Thailand for a while and remember ______ to try/trying some of the local dishes. They were delicious!
6. A friend of mine told me that I should try ______ putting/to put honey and lemon in my tea to help with my sore throat.

Write one sentence for each of the points below. Then work in groups and compare your answers.

Think of something that you …
• can't stand doing
• refuse to eat
• have given up doing recently
• stopped to do before coming to class today
• tend to do before going to sleep
• remember doing when you were very young

We can use the expression high in to say that certain foods contain a large amount of something. For example: I avoid eating food which is high in sugar.
**WRITING PART 1  TRAINING**

1. Complete the questionnaire.

**IS YOUR LIFESTYLE HELPING OR HINDERING YOUR HEALTH?**

1. How many hours do you typically sleep at night?
   - a) 6 or less
   - b) 7 to 9
   - c) 10 or more

2. How much water do you drink each day?
   - a) 0 to 2 glasses
   - b) 3 to 5 glasses
   - c) 6 to 8 glasses

3. How much physical exercise do you do?
   - a) Once a week or less
   - b) 2 to 3 times per week on average
   - c) On a daily basis

4. What is your preferred after-dinner activity?
   - a) Eating dessert
   - b) Lying on the sofa and watching TV
   - c) A walk and chat with a friend

5. What do you consider first when choosing meals?
   - a) The taste
   - b) The calorie count
   - c) Whether it’s balanced

6. You’re really tired at school or work. Do you …
   - a) take a nap in your lunch break?
   - b) grab a coffee or an energy drink?
   - c) go for a quick walk in the fresh air?

7. You wake up an hour before the alarm goes off in the morning. Do you …
   - a) close your eyes and go back to sleep?
   - b) stay in bed and check social media?
   - c) get up and get active?

2. Work with a partner. Who has the healthiest lifestyle? Why? Turn to page 198 and see how healthy your lifestyle is.

3. Work with a partner. How have people’s lifestyles changed in recent years? Think about:
   - Diet
   - Exercise
   - Work

4. Read the essay question and model answer. Which, if any, of your ideas in Exercise 3 have been included?

In your English class you have been talking about health and fitness. Now, your English teacher has asked you to write an essay. Some people say modern lifestyles are ruining our health. Do you agree? **Notes**

**Write about:**
1. diet
2. exercise
3. _______ (your own idea)

Although not impossible, it is arguably more challenging to stay in shape these days because of the changes in our diet, a lack of physical activity and increased levels of stress. **Despite** its convenience, junk food is very unhealthy and consuming too much can lead to serious health issues. Nowadays, people tend to use their cars instead of walking, even for short journeys. As a result of this change, people are getting less and less exercise. Therefore, they have less opportunity to build their muscles and burn calories. Finally, due to our fast-paced lifestyles, people are under more pressure to work longer hours than ever before. Working parents, for example, have little time to relax, which means they risk suffering from illnesses such as stress. To sum up, I agree that it is more difficult to be fit and healthy in modern society. **However**, with the right attitude to eating, exercise and work, it is possible to protect our physical and mental well-being.

**Focus on structure**

1. Does the writer cover the two compulsory points in the notes?
2. What is the writer’s own idea?
3. In which paragraph does the writer give his/her own opinion?
4. What phrase does the writer use to conclude the essay?
PUSH YOURSELF C1

UNDERSTANDING HEALTH

1 Look at the pictures below. What do you think happens at a fitness boot camp?

GRAMMAR

COMPARING AND CONTRASTING IDEAS WITH LINKERS

Study how the writer uses the highlighted linkers in the model essay. Complete the sentences below with these linkers. There may be more than one correct option.

1 As the rates of obesity have increased, many people still lead healthy lifestyles.
2 People should be encouraged to do more physical exercise instead of taking the car or bus to work.
3 Being cheap, processed foods do not generally make up a healthy and nutritious diet.
4 Eating a balanced diet which includes plenty of fruit and vegetables, consuming foods high in sugar and fats, helps maintain healthy blood pressure.
5 Many people are aware of the benefits of doing physical exercise. However, it’s important not to overdo it.
6 With the amount of processed food found in supermarkets these days, people should consider nutritional content more carefully.

Correct the mistake in each of the sentences. One sentence is correct.

1 Despite hate carrots, he tried to eat one or two portions with his dinner each week.
2 The government is encouraging kids to walk to school, however it might take them half an hour or more.
3 It’s important to eat organic food on a daily basis. However, this can be quite expensive.
4 Tatiana prefers to run in her local park, rather than pay money to go to the gym.
5 Despite writing down her weekly food intake on paper, Martina used an app.

Write your answer for the essay question below.

In your English class, you have been talking about health and fitness. Now your English teacher has asked you to write an essay. Young people these days tend to be less interested in their health. Do you agree?

Notes
Write about:
1 Technology
2 Food
3 __________ (your own idea)
You are going to read an article in which four people discuss health and fitness. For questions 1–10, chose from the people, (A–D). The people may be chosen more than once.

A  Oleg
I’d never been one to worry about what I ate or how active I was, and in my 20s and 30s it didn’t seem to matter. I was slim, and I looked fit, even if I drank too much coffee and never actually exercised. Then suddenly, my clothes were tight, and I got out of breath walking up the shortest of hills – it was only when I turned 40 the reality of my poor physical condition started to hit home. I’m trying to do something about it now but it’s a struggle to get motivated. I’ve joined a gym, but I’ve only been once over the past few months as I’ve got such a busy schedule. It’s regrettable that I didn’t do more when I had the chance, but I think I’ve left it too late now.

B  Bruno
Everyone assumed I could do it, although I was a little uncertain, and it wasn’t easy changing my diet and how active I was. At first, I underestimated how critical it is to get into a routine and how easy it would be to make excuses. I’d started to slip into old unhealthy habits when someone I’m close to suggested I sleep in my running gear, so I didn’t have any excuses when I woke up in the morning and as crazy as it sounds, it worked. Anyway, my hard work paid off in the end and I’m in better condition now than I was thirty years ago. Who says retired people like me can’t get in shape!

C  Anthony
I’ve always loved food and even as a child I was never a fussy eater, so I think it’s definitely possible to eat what you want and be a professional athlete. Of course, I don’t eat all the junk food I used to have as a kid, but I’m not going to stop myself having a treat if I really want it. I just don’t get the obsession athletes have these days with protein shakes and energy drinks as I think our bodies are designed to get everything they need from real food. I tend to watch what I eat in the lead up to a big competition but other than that I listen to my body. I train for six hours a day and on my days off when I need to rest, you’ll find me baking in the kitchen, which, unsurprisingly, my family really appreciate.

D  Marcus
Friends and acquaintances say that as a personal trainer and cyclist I must be on a strict diet but that’s just not the case. I try to avoid processed food and cook everything from fresh. In fact, I do most of the cooking when I’m at home, although I don’t always have a lot of time these days. At school, I avoided anything which involved any sort of physical activity and was quite overweight. But I really got into cycling when I was watching the Olympic Games one year, and thought I’d give it a go. The training was almost impossible initially, as I was so out of shape, but I was determined to make positive changes and I’m glad I stuck with it.

Which person
1 believes it’s possible to be unhealthy without being overweight?
2 says that people are unaware of what he eats?
3 was surprised by how unfit he had become?
4 is healthier now than when he was a child?
5 does not agree with the changes to the diets of sportspersons?
6 did not allow challenges to stop him from improving his health?
7 believes a friend helped him succeed?
8 wishes he had taken more care of his health when he was younger?
9 had not realised the importance of planning when he trained?
10 uses cooking to help them relax?
In your English class you have been talking about health and fitness. Now your English teacher has asked you to write an essay.

Write an essay using all the notes and giving reasons for your point of view.

There are lots of ways that technology can help us to maintain a healthy lifestyle. Do you agree?

Notes
Write about:
1. diet
2. exercise
3. … (your own idea)

Write your essay. You must use grammatically correct sentences with accurate spelling and punctuation in a style appropriate for the situation.
**SPEAKING PART 2**

**EXAM FACTS**
- In this part of the exam, you have to compare two photographs and answer a question about them.
- You also have to answer a question about your partner’s photo.

**EXAM TIPS**
- Candidates often describe the photographs instead of comparing them. Remember that you are comparing and contrasting two photographs not describing one.
- Candidates sometimes run out of things to say and stop before the time is up. Practise comparing two photos of a similar theme for one minute. You can easily find photos online.

In this part of the test, you are given two photographs.

**Student A**
Talk about your two photographs for one minute. The photographs show people eating food in different situations. Compare the photographs and say what you think these people like about eating food in these situations.

**Student B**
Do you prefer eating at home or at a restaurant?
Student B
Talk about your two photographs for one minute. The photographs show people using technology while exercising. Compare the photographs and say how these things might help these people while exercising.

Student A
Which sports do you enjoy doing?
BEING ACTIVE IN ZURICH

FACT FILE: Zurich

- Zurich isn’t actually the capital of Switzerland, despite the fact that a lot of people think it is. The capital of Switzerland is Bern.
- Zurich is Switzerland’s largest city. It has a population of just over 400,000.
- There are over 1,200 drinking fountains in Zurich.
- Lake Zurich, which is approximately 40 km long, has frozen over twice in the last one hundred years. The most recent was in 1962/63 and the residents organised a festival on the ice.
- Zurich is home to a large number of banks and financial centres. It is considered to be one of the world’s biggest financial capitals.

Read the travel advice about how to prepare for a trip abroad. Complete the advice with the correct verbs in the box.

find    make sure    need    pack    read    refer to    subscribe    take out

1. ____ health insurance before you travel to avoid high medical costs.
2. ____ your policy if you need to make a claim against the insurance.
3. ____ the label carefully if you are prescribed medication by a local doctor.
4. ____ that your passport and visa are up to date.
5. ____ to news alerts in case of any flight cancellations or delays.
6. Check if you ____ any vaccinations for the country before travelling.
7. ____ out how much you’ll be charged for using your phone abroad to avoid high roaming charges.
8. ____ an extra set of clothes in your carry-on luggage in case your checked luggage gets lost.
Find the words and phrases in the sentences in Exercise 1 which mean the following.

1. a treatment, usually an injection, to prevent a disease
2. a document showing an agreement you have made with an insurance company
3. the amount of money you pay for using your phone in another country
4. luggage that you are allowed to take on an aeroplane
5. a document or card that allows you to enter or leave a country
6. notifications or warnings often sent to your phone or email

If you are prescribed medication, it’s important that you can understand the label. Read the label on the bottle and match the phrases with the correct meanings.

1. It might make you feel sleepy.
2. Take two tablets a day.
3. Speak to a doctor if you don’t feel better.
4. Don’t take more or less than you are told to.
5. You may feel sick as a result of taking the medicine.

Listen to two university friends, Gina and Pierre, discussing their trip to Zurich. Which pieces of advice in Exercise 1 do they talk about?

While they’re away, Gina starts to feel ill. Listen and replace the phrases in italics with the phrases they use in the recording.

PHRASES YOU MIGHT HEAR / USE

1. I’ve eaten something which made me feel unwell. (Gina)
2. Well, I’ve got a bit of pain in my stomach. (Gina)
3. Oh dear. You do look a little ill. Do you have any other symptoms? (Pierre)
4. I’ve got a slight temperature and I’m feeling dizzy and slightly faint when I stand up. (Gina)
5. I’m sure it’s nothing serious but maybe you’re beginning to suffer from an illness. (Pierre)
6. It’s probably just a cold but it might be helpful if you got some sleep. (Pierre)

Work in groups and answer the questions.

1. Have you ever eaten something which didn’t agree with you? What?
2. When was the last time you felt under the weather? What were your symptoms?
3. What advice would you give someone who is coming down with a cold?

Watch the video about Zurich. What do you learn about these things? Make notes.

- The city of Zurich
- Things to see and do
- The fondue tram
- Sports and recreation in and around Zurich

Work in groups and choose a city. Go online and research health and fitness information for travellers. Make notes and share what you’ve learnt with the class.