

14.3

Listening and Speaking



1 Do you know of any health scares in your country about any of these products?

Do they make you anxious or are you complacent and take no notice of them?

2 **2.02** You will hear Alice Brown interviewing Professor Robert Atkins about health scares. For questions 1–5, choose the answer (A, B, C or D) which fits best according to what you hear.

- 1 How does Professor Atkins feel about the frequency of health scares in the media?
 - A irritated that the media print nonsense
 - B reconciled to health scares being a necessary evil
 - C resigned to the media misunderstanding science
 - D worried that the health scares might be real
- 2 What is Alice's attitude to the threat of lethal diseases?
 - A She worries that new ones will occur.
 - B She is doubtful that they can be contained.
 - C She is concerned that they are spread more easily today.
 - D She believes they pose less of a danger today.
- 3 Professor Atkins believes that the concerns people have today arise from
 - A a lack of spiritual belief.
 - B being misled by scientists and doctors.
 - C bewilderment when their assumptions are challenged.
 - D worry about how diseases are communicated.



- 4 What do Alice and Professor Atkins agree about when it comes to health scares?
 - A some businesses have a vested interest in promoting them
 - B some manufacturers see them as the best form of publicity
 - C some doctors are at fault for not criticising them sufficiently
 - D some researchers are looking for publicity
- 5 What worries Professor Atkins about health scares?
 - A They could lead to people taking too many pills.
 - B They are more damaging than real diseases.
 - C They might make people disregard potential risks.
 - D They are difficult to disprove.



Speaking

- 1 Work with a partner and decide whether the following statements are true or false.
- Most people get enough exercise from their normal daily routine.
 - The younger you are, the less active you need to be.
 - It's a good idea to eat pasta or a banana before you exercise.
 - It's better to eat a large meal at lunchtime than in the evening.
 - Running is the best form of exercise.
 - To live longer you need to give up smoking, drinking alcohol and coffee and become a vegetarian.
 - You will only really get fit if you have a personal trainer.

Reading

- 2 You are going to read a magazine article about health and fitness. For questions 1–10, choose from the sections (A–D). The sections may be chosen more than once.

Which person

- mentions being disconcerted by their lack of ability when faced with a completely new activity?
- was grateful for having been spurred on in their efforts?
- suggests that prior experience of the exercise method can be advantageous?
- suggests that they have overreached themselves during their first session?
- is sceptical about whether a way of exercising would really appeal to them?
- suggests that their chosen exercise programme seemed to be based on a slightly eccentric premise?
- rejects the idea that they are following an exercise programme to improve fitness?
- comments on the relentless nature of the trainer?
- contrasts the amount of pleasure to be gained from different types of exercise?
- suggests that the outcome of their exercise programme was not wholly positive?

 1

 2

 3

 4

 5

 6

 7

 8

 9

 10

Chloe:
New
Pilates

A I'll be honest, I have never felt the natural high which scientists claim follows a bout of intense exercise. The empirical evidence of my own body tells me that the only thing exercise releases in my brain is loathing. So I scoff when the people at the gym tell me I'll be hooked on a new type of Pilates in two sessions. My first session is an hour's one-on-one with Daniel, my trainer; a good idea for any beginner. Although I, disappointingly, don't actually lose any weight over my six sessions – personally, I find it rather ups my appetite – I can attest to its toning abilities. The classes themselves – which take a maximum of six people – are entertaining, and as agreeable as enforced muscle fatigue can ever be. It definitely helps if you'd already got to grips with some basic Pilates techniques before you start, but, once you've got the hang of commands such as 'squeeze that imaginary grape under your armpit', it provides a great variety of exercise.

Mark:
Personal
training

B A month of sessions with a personal trainer three times a week seems like the perfect springboard to a better future. My personal trainer, Tony, asks me what I hope to achieve. I mutter something about losing a few pounds and toning up a bit, but the truth is I want to get back into my tailormade suits. It's the gap between my expectations and reality that is hardest to contend with. I know that no matter how healthy I become at the age of 36, I will still be less fit than I was as a lazy 18-year-old who did no exercise at all. But if I'm honest, I secretly believed I wouldn't actually be all that bad at this. The problem is weights. I've never bothered with them before. I take it slowly for the first few sessions but it's hard going and I eventually pull a muscle in my right arm. It's time for a few days off. I greet a four-day respite with enthusiasm, but actually find myself in the gym, running faster and longer than before and lifting weights well.



Ben:
Sport
Active

C I go along to my nearest fitness centre and decide to try out the DVD of Sport Active, which has more than 70 different exercises on it. The programme can measure and display your heart rate, thanks to a monitor that straps to your forearm which sends information to the console. I start with tennis and get an enormous kick out of hitting balls into an onscreen net. I quickly move on to mountain biking, or, as I now call it, 'total physical punishment'. However, even though I am an old hand at cycling, by halfway round, I have clearly lost all ability to show off. On screen, my heart rate has rocketed up to 178. 'You're definitely getting a good cardio workout here,' encourages Robert, the fitness centre trainer. Could these games damage people by suggesting the wrong positions? Robert is dismissive: 'It's unlikely you're going to hurt yourself.' I decide to carry on and after a few weeks begin to see the benefits.

Tasha:
Wild
fitness

D Wild Fitness is more than a form of exercise, Matt, my trainer, told me that it was a whole philosophy of life: to transform yourself by learning to move and eat in the way of our hunter-gatherer ancestors and to become strong, fast and agile. It all sounded a bit bizarre but I was more than happy to give it a go. The first session began at 8am on a Monday morning in Regent's Park, London, with some introductory exercises. The hardest session came the next week when Matt told us we would sprint around the 400-metre running track four times, with a short rest in-between – no excuses allowed. I did my best and then discovered that the so-called rest was going to involve squat thrusts; 20 of them. Matt didn't stop there. It was thanks to him that I did far more than I would ever have done exercising alone and I looked thinner and was far more toned as a result, especially around my thighs and stomach.

- 3 Which of the ways of exercising mentioned in the texts would appeal to you? Why / Why not?
- 4 The choice of verb you make will often change the tone of what you are saying. For example, in the first text, the writer talked about 'loathing' exercise. This is a more emphatic way of saying *dislike*.

For each sentence, replace the words in italics with one of the verbs in the box and make any other necessary changes. Decide what difference the new verb makes. Use a dictionary to help you.

yank	harangue	resolve	swear	seethe
unearth	crave	flout	scrounge	

- a She *lectured* me for over an hour about the need to keep fit.
- b Laura *decided* to give up chocolate at New Year.
- c I *promise* I won't use your bike again without asking first.
- d 'Can I *borrow* £5 from you, do you think?'
- e My sister really *wanted to eat* coal when she was pregnant.
- f Jo *was very angry* when his mobile was stolen.
- g Don't *pull* the door open like that – you'll only break it.
- h The boys *found* some interesting old photos.
- i Trevor *ignored* the rules of the gym and used the new equipment without permission.

Phrase spot

Read the sentences below and replace the words in italics with one of the phrases with *live*. Use an English–English dictionary to help you.

live through	live it up	learn to live with
live down	live by your wits	live up to your expectations

- a James really *had a good time* when he was in Ibiza last summer.
- b The neighbours are the original neighbours from hell, but short of moving, we have to *get used to* them.
- c The yoga class was brilliant – it *was everything we wanted*.
- d No one will let me *forget* my tennis skirt falling down.
- e We *experienced two revolutions* while we were abroad but survived both.
- f Tom lived on the streets from an early age, but *cleverly managed to survive through* his ingenuity.

Pronunciation

- 3 In the recorded interview, Alice and Robert used the following words.

object frequent discount

- 2 07 Listen to the interview again. How were those words pronounced?

Underline the part of the word which was stressed. Which part of speech are they?

Certain words have a variable stress pattern, depending on whether they are used as a noun, adjective or verb, for example: *object*.

*I don't **object** to your opening the window.*

*The boy tripped up over some **object** in his path.*

- 4 Work with a partner and make up sentences which show the difference between the way the words below are pronounced, depending on the part of speech.

alternate discount entrance frequent
incense invalid present produce

- 5 With a partner, look at the photos below. You will need to compare and contrast them. Think about:

- the lifestyles of the people represented
- the possible implications for their future
- how modern life has impacted on health

You have about a minute to do this.



- 6 Work in groups to make a joint presentation about the following topic.

Imagine that there is going to be an advertising campaign to persuade young people to keep fit and healthy. Decide what form the campaign should take in order to have the greatest impact, e.g. online/phone/posters/TV/cinema/magazines/talks in schools, colleges, etc.

Also think about what aspect of health and fitness should be highlighted – should it be cigarettes/diet/exercise/drugs, etc?

You will need to give opinions, make decisions and evaluate the potential impact of the advertising campaign.