SPEAKING ACTIVITIES (B2): HEALTH AND FITNESS
B2: STARTER QUESTIONS… PREFERENCES

What’s the easiest way to get in shape, …?
- hire a personal trainer or follow Youtube videos
- eat a balanced diet or stick to a strict one
- do aerobic or muscular training

What’s the most effective way to encourage people to take up sport, ..?
- use internet articles or personal advice
- take them to sports events or invite them to participate
- criticize them or make them feel motivated

What’s the worst thing someone can do for their own health, …?
- eat junk-food or deprive themselves of certain food groups
- not sleep enough or not drink enough water
- consumer alcohol or smoke

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Situation:

Now, I’d like you to talk about something together for about two minutes.

I’d like you to imagine that you are talking about fitness and healthy living. Here are some of the ideas they are thinking about and a question for you to discuss. First you have some time to look at the task.

Now, talk to each other about what are the best ways to encourage people to take part in physical activity.

Thank you. Now you have about a minute to decide which is the most effective way to get people to adopt healthy habits.

Thank you.

What are the most effective ways to make people want to stay fit and health?
- media campaigns by famous sports people
- personal advice
- criticisms by family members
- attending sports events
- the example of close friends

Now, discuss these questions, in order, as appropriate:
- What makes you want to stick to a healthy lifestyle?
- Some people are very body conscious. Are you?
- What is the most effective way to be in good shape?
- What are the worst habits that a person can have for their health?