



ENGLISH | MARC HUCKLE | @ www.intercambioidiomasonline.com

Intercambio Idiomasonline

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

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?