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B2 COLLABORATIVE TASK:
HEALTH

Interlocutor

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 health and fitness. 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 **which ways you can stay in shape**.

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Thank you. Now you have about a minute to decide **which is the best way to stay fit**.

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Thank you.

<h3>What is the best way to stay in shape?</h3>

- Eat a balanced diet
- Join a gym
- Read articles about fitness
- Sleep for 8 hours a night
- Do regular exercise outdoors