



- 1 Amal wants to get fit but she doesn't know how. Her friend Halima has some ideas. Match the ideas (1–3) with the excuses (A–C).

#### Halima

- 1 You could play volleyball with me and my friends.
- 2 Why not join a fitness centre or a gym?
- 3 We could go for long walks in the mountains. That's a workout too.

#### Amal

- A Nice idea, but they're not cheap. I don't have enough money.
- B Yes, but it would take too much time.
- C Thanks, but I'm not good at team sports.

- 2 Read about some ways to get fit. Then put one or two words from the text into each gap below.

We've found some free and fun ways for you to get fit. So no excuses! There's something here for everyone.



#### Geocaching

This is a kind of game. You need to find a 'cache' – usually a little box with a notebook where you write your name. You'll forget all about sport and fitness while you're looking for it. However, geocachers often walk a long way and sometimes they even climb mountains. Be careful, have fun and get fit!

#### Outdoor gyms

There are good outdoor gyms in many parks. They have exercise machines that can give you a really good workout. They're free and they're like a playground for adults. So find one near you and start playing now!

#### Dancing

You can do this with friends or alone at home. You can do it in the morning or the afternoon or the middle of the night, for ten minutes or two hours ... just put on your favourite music and dance! It's a fantastic workout for your whole body and it's especially good for your heart.

#### Walk a dog

Yes, you're right, a dog is not free! In fact, a dog can be expensive, but if you have one, taking him for walks is a wonderful way to exercise. Some people don't have time to walk their dog and they pay other people to do it. Those people can get fit and make money at the same time. Is that something for you?

There are many ways to get fit for free. You can go to a park and use an <sup>1</sup> \_\_\_\_\_, for example. Or you can go to a park with a <sup>2</sup> \_\_\_\_\_, if you have one, or do this for somebody who has no time for their pet. People who want to play a game can go <sup>3</sup> \_\_\_\_\_ with friends. It's lots of fun. If you really don't want to go out, you can just <sup>4</sup> \_\_\_\_\_ at home. All you need is music.



**3 Answer the questions in your own words.**

- 1 Why is there usually a notebook in a 'cache'?
- 2 Why does the writer say geocachers should 'be careful'?
- 3 Does the writer think that outdoor gyms are for children?
- 4 How long do you need to dance to get fitter?
- 5 What parts of your body is dancing good for?
- 6 How could you earn money with one of these types of exercise?

**4 In small groups, decide what exercise would be good for these people. Choose ideas from the text.**

Nina has a lot of time but very little money. She likes doing things with friends and being outside in the sunshine.

Dan works at home on his computer all day. He can choose his own working hours, but he always works a lot.

Anika studies all day and comes home from university quite late in the evening. She knows she should do some exercise but she's tired and doesn't want to go out again.

I think geocaching would be good for Nina because she could chat to her friends while doing it. And ...





### 1 Warmer

Write the sentence *The dog ate my homework* on the board. Ask the class who might say that and whether it is likely to be true. Elicit and write up *an excuse*. Ask in what situations people make excuses. Do they make excuses when it comes to doing exercise? Explain that this is the topic of the reading worksheet.

### 2 Exercise 1

Hand out the worksheet and ask students to look at Exercise 1. The exercise doubles as the introduction of some new vocabulary, so first let students read through the sentences and tell you the words they don't know. B1 words which you may need to teach here are *fitness*, *gym* and *workout*. When the vocabulary is clear, let students match the sentences in pairs.

Check with the whole class.

#### Answers

- 1 C
- 2 A
- 3 B

### 3 Exercise 2

First ask students to say what the people in the photo are doing. Confirm that it is geocaching. This is an outdoor activity in which people use a GPS or other device to find a hidden container called a 'cache'. Ask the students to read the article and complete the summary with words from the text. They can compare answers with a partner. Then check with the whole class.

#### Answers

- 1 outdoor gym
- 2 dog
- 3 geocaching
- 4 dance

### 4 Exercise 3

Let the students read the article again and then answer the questions in pairs. Go around the room helping and checking their answers. At the end, ask some pairs to tell the whole class their answers.

#### Possible answers

- 1 People who find it can write their names in it.
- 2 Because climbing mountains could be dangerous.
- 3 No. The writer thinks they are like playgrounds for adults.
- 4 It doesn't matter. Ten minutes or two hours is good.
- 5 For all parts of the body and especially the heart.
- 6 You could walk people's dogs as a job.

### 5 Exercise 4

Ask students to work in small groups and choose ways of getting fit for Nina, Dan and Anika. They should use the ideas in the text. After they have talked about it for a while, ask the groups to report back to the whole class.

#### Sample answers

Geocaching would be good for Nina because she could chat to her friends while doing it. And she would be outside. She might also enjoy walking a dog, and maybe she could earn some money doing that.

Dan needs to go outside more but he may not have time to plan things with friends. He could try dancing at home. He could do that at any time. He could also use an outdoor gym because you can go there at any time, too.

Dancing is the only possibility here for Anika because you have to go out for all of the other types of exercise. She should do some dancing at home in her room. This could give her more energy.