




lifestyle

4



VLOGS

Q: Name one change you could make to your life to improve your health.

- 1  Watch the video. What changes do they mention?
- 2 Work in pairs. Discuss one change you could make to your health.



LEARNING OBJECTIVES

- 4A READING** | Read an article about healthy lifestyle choices: health and lifestyle; illness and treatment
Discuss your future lifestyle: future continuous and future perfect
Pronunciation: connected speech: future perfect
- 4B LISTENING** | Understand a radio programme about sleep: sleep
Discuss sleep: passives
Pronunciation: sentence stress: content and function words
Write an article about sleep
- 4C HOW TO ...** | express agreement and disagreement: exercise; sport: motivation and benefits
Pronunciation: stress in phrases for partial agreement
- 4D BBC PROGRAMME** | Understand a documentary about beekeeping: phrases related to time
Talk about traditional vs. modern lifestyles
Write a cause-and-effect essay

4A Making changes

GRAMMAR | future continuous and future perfect

VOCABULARY | health and lifestyle; illness and treatment

PRONUNCIATION | connected speech: future perfect



READING

- 1 A** Work in groups. Which of the following are important for a healthy lifestyle? In what ways?

exercise food money sleep
stress where you live

- B** Read *How to live well: the thinker, the bather and the eater*. Answer the questions.

- 1 What change did each person make?
- 2 Why did they make the change?
- 3 What are their goals for the future?

- C** Choose the correct option (a or b) for each question (1–3).

- 1 How does Felipe feel about the other students on his course?
 - a astonished that they are so young
 - b pleased that they have accepted him
- 2 How does Fiona feel about swimming in the Okavango Delta?
 - a excited that it might happen
 - b concerned that it might be dangerous
- 3 How does Derek feel when he thinks about his diet in the past?
 - a ashamed at how unhealthy it was
 - b surprised that he didn't realise it was harming him

- D** Work in groups. Discuss the questions.

- 1 What do you think of the changes the people in the text are making?
- 2 What other positive changes could they make?
- 3 Do you know anyone who has made similar lifestyle changes?

VOCABULARY

health and lifestyle

- 2 A** Complete the sentences with the correct form of the phrases in the box. Use the phrases in bold in the article to help you.

cut down on ~~do a regular workout~~ do a sedentary job
expand your horizons keep mentally active
keep up my progress stay in shape transform my lifestyle
vary my diet work long hours

- 1 I **do a regular workout** in the gym once or twice a week.
- 2 I'd hate to where I have to sit in an office all day.
- 3 I try to and eat lots of different foods, to get a balance of all the things my body needs.
- 4 I think travelling is a great way to and help you understand other people's lives.
- 5 I exercise because I enjoy it, not because I want to
- 6 I'd like to my screen time; I spend too long in front of a computer.
- 7 I don't need to I'm already very healthy and happy.
- 8 In my job I have to, sometimes up to ten hours a day!
- 9 I like doing puzzles as a way to
- 10 Starting an exercise programme is easy. I'm fine for a few weeks, but I find it hard to

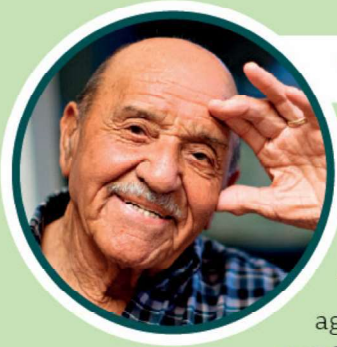
- B** Work in pairs. Are the sentences in Ex 2A true for you? Why/Why not?

- C** Learn and practise. Go to the Vocabulary Bank.

▶ page 138 **VOCABULARY BANK** illness and treatment

How to live well

Life is full of turning points, when either we decide to make a change ourselves, or change is forced upon us. This month, we speak to three people who recently reached a turning point in their lives and decided it was time to **transform their lifestyle**. We ask them: Why did you make a change and where do you see yourself in two years' time?



the thinker

'I worked until the age of seventy in a job that was both interesting and intellectually stimulating. When I retired two years ago, I decided I needed to **keep mentally active**, so I signed up for a

university degree in sociology. I'm the oldest student by a long way, but luckily the others on my course don't see that as a problem. I also started going to French classes because I'd always wanted to learn another language. I'm really enjoying both things, and I've made loads of new friends. Doing this degree has really helped me to **expand my horizons** and think about society and my place in it.

Personally, I think it's really important to **stay in shape** both mentally and physically. I hope it will help me fight off illnesses like Alzheimer's, and it also motivates me and gives me something to aim for. Where do I see myself in two years? Well, I'll have graduated, so I'll have a degree, and hopefully my French will have improved, too. There are lots of volunteer roles related to social issues, so maybe I'll be working as a volunteer two or three days a week. I guess it's also possible I'll be travelling around France and using my new language skills.'

Felipe Ortega



the bather

'For years I **did a sedentary job** and **worked long hours** in a corporate office. It was well paid, but high stress, and it was definitely having a damaging effect on my health.

I didn't sleep well and had no time to exercise. I reached a point where I knew that I needed to change, so I started going to the gym and **doing regular workouts**. Then I saw a TV programme about wild swimming and I decided to give it a go. I loved it from the start, and now I swim 365 days a year in rivers, oceans and

the occasional waterfall. It doesn't matter what time of year it is, or how cold the water is – I'll be there. I feel much happier and healthier now. There's a huge wild-swimming community worldwide, so I'm starting to plan a few trips abroad to places like the fjords in Iceland, where the water is beautiful, but apparently extremely cold. What will I be doing in two years' time? Well, I definitely want to **keep up my progress** and if I'm lucky, I'll be swimming in the Okavango Delta in Botswana – one of my dreams! I hope there won't be any crocodiles, but I doubt it will stop me even if there are! I've also started posting blogs about my experiences, and I'm getting quite a few followers, so who knows, maybe I'll have given up my job and I'll be earning a living as a wild-swimming influencer.'

Fiona Karlsson



the eater

'I was never particularly interested in healthy eating when I was younger – I would always choose a burger and chips over a salad! Then a few years ago, I started noticing that I didn't have much energy, and I was

having a few health issues. I came across an article online about the effects of junk food on the body, and I suddenly realised how unhealthy my diet was – full of sugar and salt. So, I made the decision to **vary my diet** more and **cut down on** processed foods. And it worked. I started to feel better almost immediately, so I've since made more changes to the way I eat. I've started buying a lot of my food directly from local producers – butter and cheese from farmers and seafood from local fishermen. I've also started growing a few vegetables in my garden. When I look back, it seems really strange that it took me so long to work out what my diet was doing to me. The difference in my energy levels now is incredible. So, in two years' time? I'll have given up meat completely, and I'll have transformed my whole garden into a mini farm! Hopefully, I'll be growing most of my own fruit and vegetables, and I'll be eating fresh, seasonal produce all year round.'

Derek Mankham

GRAMMAR

future continuous and future perfect


3 A Read the sentences (a–d) and answer the questions (1–2).

- a In two years I'll have graduated.
 - b I'll have transformed my whole garden into a mini farm.
 - c If I'm lucky, I'll be swimming in the Okavango Delta in Botswana.
 - d I'll be growing most of my own fruit and vegetables.
- 1 Which sentences are about things that will be completed before a specific time in the future?
 - 2 Which sentences are about things that will be in progress at a specific time in the future?

B Learn and practise. Go to the Grammar Bank.

▶▶ page 119 **GRAMMAR BANK**

PRONUNCIATION

4 A  **4.01 | connected speech: future perfect** | Listen and complete the sentences. Which words link together? Do we use the strong or weak form of *have*?

- 1 This time next year, graduated from university.
- 2 I hope cut down on junk food by then.
- 3 When you next see me, started working out.
- 4 I hope found a new job by the summer.

B Complete the sentences with your own ideas, using the future perfect. Then read your sentences to a partner. Make sure you link the words and pronounce *have* correctly.

- By the end of today, I'll have ...
- By next weekend, I'll have ...
- By next summer, I'll have ...

SPEAKING

5 A Think about your lifestyle in five years' time. Do you have any goals? How might your life be different? Choose two topics from the box and make notes on your goals and predictions.

achievements activities/experiences
English health and lifestyle home studies and/or work travel

B Read the Future Skills box and do the task.

FUTURE SKILLS

Communication



When you talk about your goals and predictions, it is a good idea to add examples and reasons, to make your answers more interesting.

'I want to vary my diet more. **For example**, I hope I'll be cooking dishes from different countries.'

'I hope I'll have transformed my lifestyle **because** I'm too stressed at the moment.'

Look at your notes in Ex 5A. What examples and reasons can you add?

C Work in pairs. Discuss what you will be doing in five years' time, and how your life will have changed. Ask your partner questions to learn more details.

A: In five years' time, I'll have graduated from university and hopefully have found a good job!

B: What kind of job would you like to do?

