




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

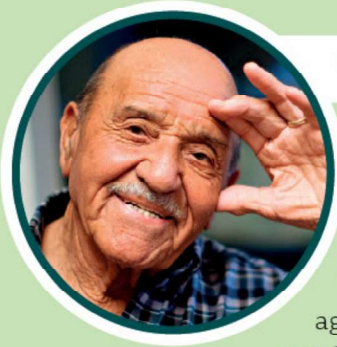
- B** Work in pairs. Are the sentences in Ex 2A true for you? Why/Why not?

- 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?

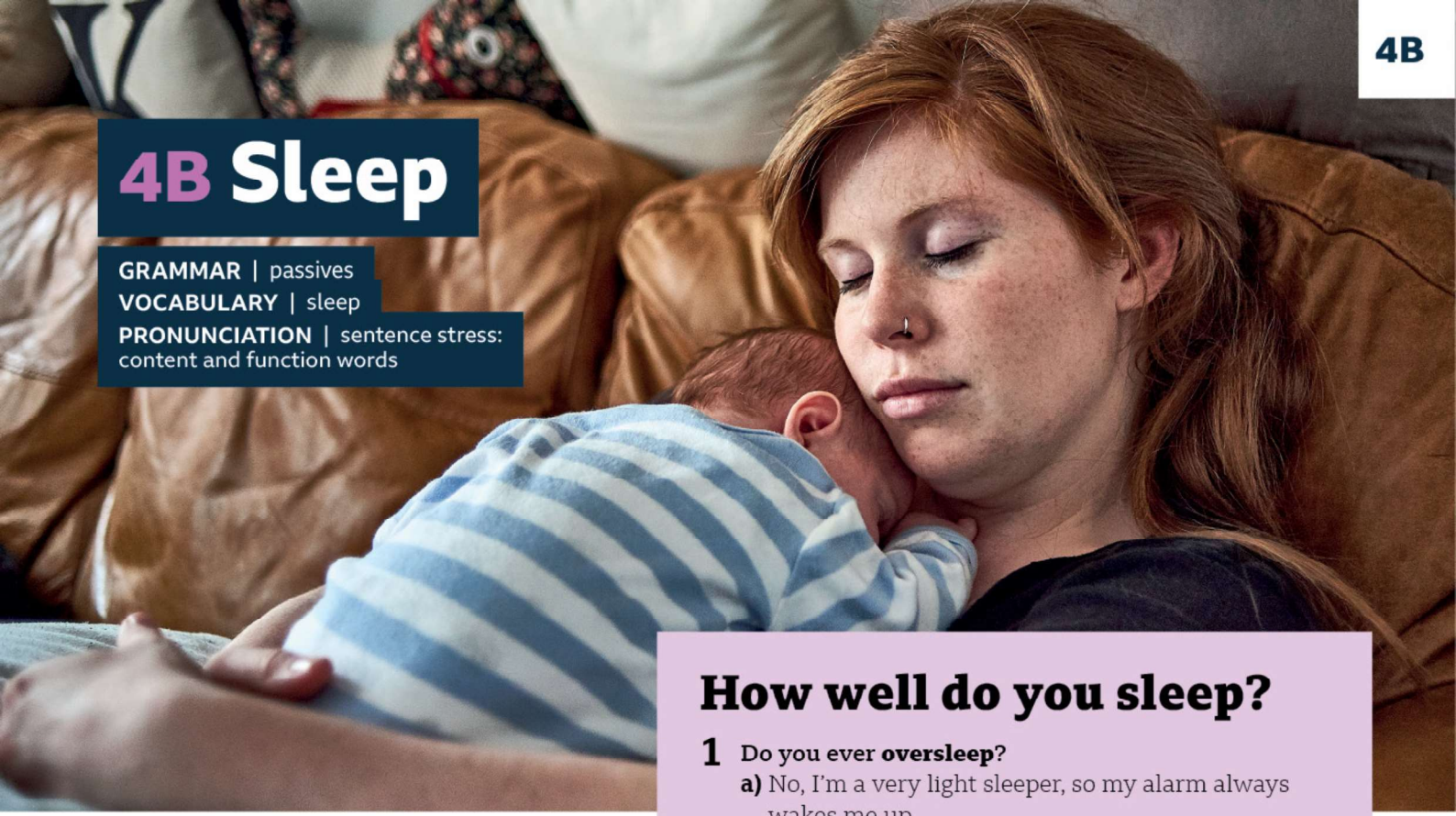


4B Sleep

GRAMMAR | passives

VOCABULARY | sleep

PRONUNCIATION | sentence stress:
content and function words



VOCABULARY

sleep

1 A Work in pairs. How many hours' sleep did you get last night? Was it a normal amount for you?

B Read the quiz. Then complete the sentences (1–10) with the words and phrases in bold.

- 1 You can say that you to mean that you fall asleep.
- 2 A short sleep during the day is called a
- 3 Someone who often or always has trouble sleeping is a(n)
- 4 When you are very tired, you are
- 5 If you do not wake up easily, even when it's noisy, then you're a, and you usually go into a very
- 6 If you make a rough breathing noise when you sleep, then you
- 7 A dream where something bad happens is a
- 8 If you deliberately stay in bed later than normal, you
- 9 If you stop other people from sleeping, you them
- 10 If you don't wake up when you are supposed to, then you

C Work in pairs. Ask and answer the questions in the quiz. How similar are your sleep habits?

How well do you sleep?

- 1 Do you ever oversleep?**
 - a) No, I'm a very light sleeper, so my alarm always wakes me up.
 - b) Yes, I'm a **heavy sleeper**, so I often sleep through the alarm.
 - c) Yes, but I don't mind. Sometimes it's good to **have a lie-in**.
- 2 How long does it usually take you to fall asleep?**
 - a) Not long at all. I **drop off** as soon as my head hits the pillow.
 - b) Quite a long time. I usually read for an hour. It helps me to switch off.
 - c) It depends. I sometimes lie awake in bed thinking about work or family problems.
- 3 Do you do anything to help you get to sleep?**
 - a) Yes, I sometimes do relaxation exercises.
 - b) If I can't sleep, I count or do maths problems in my head.
 - c) I listen to podcasts or check my phone until I feel tired.
- 4 How often do you have trouble going to sleep?**
 - a) Never.
 - b) Occasionally. It's usually because I'm worried about something.
 - c) All the time. I'm an **insomniac**, so I often have a **nap** in the afternoon to try and catch up on sleep.
- 5 Do you usually remember your dreams?**
 - a) I sometimes remember my dreams, especially if I've been in a **deep sleep**.
 - b) I never remember my dreams.
 - c) I don't usually remember dreams except when I wake up after having a **nightmare**.
- 6 Do you ever snore?**
 - a) Sometimes when I'm really **exhausted**.
 - b) Only if I have a cold.
 - c) Yes, I'm very noisy. I sleep in a room on my own so that I don't **keep** my partner **awake**.



LISTENING

2 A Work in groups. Read the information about the BBC Radio programme and answer the questions.

The science of sleep

B B C

We spend around a third of our lives asleep, but the reason we sleep is still a mystery. Could it be the biggest mistake the evolutionary process has ever made? What does sleep actually do for us? David Edmonds meets Matthew Walker, one of the world's leading sleep scientists, to find out.

- 1 On average, how many hours a night do you think people in the developed world sleep?
- 2 Why do you think humans sleep? Is it just a waste of time?

B **4.02** | Listen to the programme. Number the topics in the order they are mentioned.

- a sleep and the brain
- b the number of hours people sleep on average
- c why sleep seems an odd thing for humans to do
- d the effects of changing the clocks twice a year

C **4.02** | Work in pairs. Answer the questions. Then listen again and check.

- 1 Why does the presenter say that sleep seems 'a monumental waste of time'?
- 2 What do you learn about sleep in the 1940s, compared to now?
- 3 What happens to people's health when the clocks change in the spring and the autumn?
- 4 Why is sleep important for making decisions?

D Work in groups. Discuss the questions.

- 1 What happens to you if you don't get enough sleep?
- 2 Do you have an expression in your language meaning 'to sleep on a problem'?

GRAMMAR

passives

3 A **4.03** | Listen and complete the extract from the programme.

..... if sleep doesn't serve an absolutely vital function, then it's the biggest mistake the evolutionary process has ever made.

B Read the sentences (1–3) about sleep and look at the verbs in bold. Then choose the correct words to complete the rule.

- 1 **It is believed that** most people need eight hours' sleep.
- 2 In ancient cultures, **it was thought that** dreams could predict the future.
- 3 **It is expected that** if we sleep less, we can be more productive.

We can use passive structures with *it* to talk about **general ideas or beliefs / our own ideas or beliefs**.

C Learn and practise. Go to the Grammar Bank.

▶ page 120 **GRAMMAR BANK**

PRONUNCIATION

4 A **4.04** | **sentence stress: content and function words** | Listen to the sentence and underline the stressed words.

It's believed that most people need eight hours' sleep.

B Look at the sentence in Ex 4A again. Do we stress the content words (verbs, nouns, adjectives, etc.) or the function words (pronouns, articles, auxiliaries, etc.)? Why?

C **4.05** | Work in pairs. Read the sentences and predict which words will be stressed. Then listen and check.

- 1 It's expected that as we get older, we need less sleep.
- 2 It has been suggested that our use of technology affects our sleep.
- 3 It was thought a hot drink would help you to sleep better.
- 4 It's believed that if we sleep less, we can be more productive.

5 Work in pairs. You are going to guess whether some statements about sleep are true or false. Student A: Go to page 142. Student B: Go to page 144.

SPEAKING

- 6A** Work in groups. Discuss the statements about sleep (1–9). Do you think they are true, or are they myths? Can you give examples from your own experience?

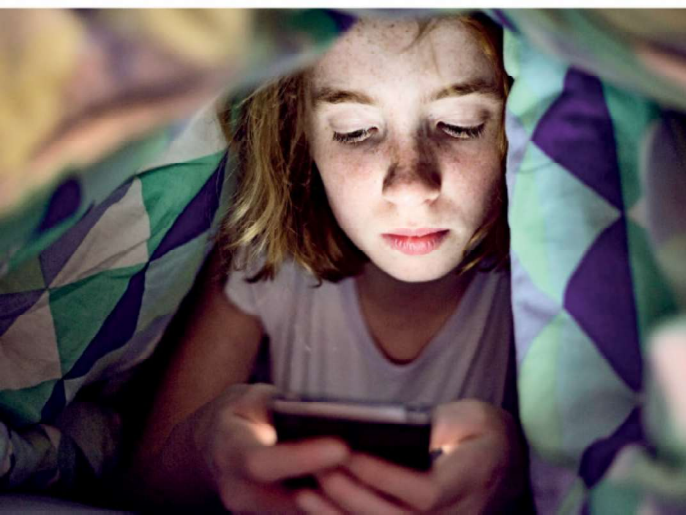
Reality or myth?

- 1 It is believed that some adults only need five or fewer hours of sleep a night.
- 2 It's been suggested that, in health terms, it doesn't matter whether you sleep during the day or at night.
- 3 It is known that some people walk around in their sleep and can carry out complex activities, such as driving and cooking.
- 4 It's thought that boredom can make you sleepy.
- 5 It's been suggested that adults need less sleep as they get older.
- 6 It's been suggested that it is fine to sleep very little during the week, then catch up at the weekend.
- 7 It's thought that watching TV in bed is a good way to relax before going to sleep.
- 8 It's been suggested that doing exercise before going to bed will stop you from going to sleep.
- 9 It's believed that scrolling on your phone before you go to sleep or during the night makes it more difficult for you to wake up the next day.

A: I think it's a myth that some adults only need five hours of sleep.

B: I agree. I know that if I get less than seven hours, I feel terrible!

- B** Go to page 142 and find out which of the statements are true.



WRITING

an article

- 7A** Work in pairs. Read the article. Then discuss the questions.

- 1 What is the main argument being made by the writer? Do you agree with it? Why/Why not?
- 2 What reasons does the writer give for people sleeping less?

Why we're just not getting enough sleep

Kirsty Whittall | Wednesday 26 May

It is thought that the average adult requires seven to nine hours of sleep per night. However, we know that many people in the developed world are **not only** sleeping much less than this, **but also** suffering health problems as a result. In the USA, it has been suggested that people are sleeping at least one hour less than they did thirty years ago. There are many reasons why people might be sleeping less.

To start with, there is a problem with modern expectations of work since consumers expect information, entertainment **and** food to be available 24 hours a day. **Furthermore**, this 24/7 culture means that **as well as** consumers staying awake for longer than they used to, workers who provide us with these goods and services are expected to work longer hours or night shifts in order for companies to meet the demand.

In addition to this, in a fast-paced and competitive world of business, employees are often expected to work long hours, with more work to do and less time to do it. As a result, many employees are willing to sleep less in order to progress their careers. **Moreover**, with increased pressure at work, many employees find it difficult to find time to take holidays, with stress and burnout as likely consequences.

- B** Look at the linking words and phrases in bold in the article.

Can you think of any more words and phrases we use to present additional ideas?

- C** Rewrite the sentences. Use the prompts in brackets to connect the ideas.

- 1 It's been suggested that people don't sleep well because they consume more caffeine than in the past. Another reason is that they spend a lot of time on screens. (not only ... , but also ...)
- 2 Many people sleep fewer than six hours a night and always feel tired. They are more likely to develop health problems. (Furthermore)
- 3 One problem is that people are required to travel long distances to get to work. Another problem is that people are working longer hours than before. (In addition to this, ...)
- 4 Lack of sleep increases your risk of heart attacks. It also means that you are more likely to be in an accident. (As well as ...)

- D** Write an article with the title *How to get a good night's sleep*. Use some of the ideas you discussed in Ex 7A. Use linking words to present additional ideas.

4C Keep moving

HOW TO ... | express agreement and disagreement

VOCABULARY | exercise; sport: motivation and benefits

PRONUNCIATION | stress in phrases for partial agreement



VOCABULARY

exercise

1 A Work in groups. Discuss the questions.

- 1 How much exercise do you do in a typical week?
- 2 What kinds of exercise do you do?
- 3 How easy or difficult do you find it to make yourself do exercise?

B Read the article. How much exercise is recommended per week? Do the majority of people manage this amount?

C Work in pairs. Look at the words and phrases in bold in the article and answer the questions.

- 1 Which involves more effort: moderate exercise or vigorous exercise?
- 2 Which quality allows you to lift heavy objects?
- 3 Which quality allows you to continue to run or cycle for a long time without getting tired?
- 4 Is skipping with a rope high-impact or low-impact exercise?
- 5 Is yoga an aerobic exercise?
- 6 Which quality allows you to bend and move your body easily?

D Complete the statements with the correct words and phrases from the article.

- 1 My is quite good. I can touch my toes easily.
- 2 I try to avoid-impact exercises such as running.
- 3 I think I need to do some training with weights to improve my
- 4 I can run a short distance, but I don't have much, so I can't go more than a few kilometres.
- 5 I don't like getting too out of breath, so I prefer exercise.

2 A Work in pairs. Discuss which statements in Ex 1D are true for you.

B Learn and practise. Go to the Vocabulary Bank.

▶ page 139 **VOCABULARY BANK** sport: motivation and benefits

Getting and staying fit

Salim Rashid | Wednesday 27 May | 17.01 GMT

The world's strongest men pull twenty-tonne trucks on a rope. Ultra-marathon runners run 100-kilometre races, sometimes through the desert in forty-degree heat. Top surfers routinely surf six-metre waves. That's the crazy end of exercise. What about normal people? We all know it's important to exercise, but how much exercise should we do? And how can we stick at it even when we're tired or bored and it's raining outside?


According to one study from the UK, adults should be doing 150 minutes of **moderate exercise** or seventy-five minutes of **vigorous exercise** each week. This includes **strength** exercises such as lifting weights and


aerobic exercises that make your heart beat faster, like jogging and cycling, which improve **stamina**. Experts recommend a mixture of **low-impact** exercise (where you keep at least one foot on the ground at all times) and **high-impact** activities such as running and jumping. Another recommendation is exercises that improve **flexibility**, for example yoga.

While such recommendations have been well known for a number of years, one report reveals that less than half the world's population does enough exercise. The key is motivation. People need to find an exercise type that they enjoy and then make it part of their daily routine, like having their morning cup of coffee.

How to ...

express agreement and disagreement

3A  **4.06** | Listen to two people discussing exercise. Who does more exercise – Martin or Leah?

B  **4.06** | Read the statements. Do Martin and Leah agree, disagree, or partially agree about each one? Listen again and check.

- Everyone should do 150 minutes of moderate exercise each week.
- Everyone should do an hour of exercise every day.
- Martin doesn't need to do any exercise because he has a physical job.
- Yoga is the best way to relax.
- Martin should do some kind of exercise occasionally.

4A Work in pairs. Complete the table with the words and phrases in the box. Then check your answers in the audioscript on page 162.

agree more although fair point see your point
the other hand up to a point


expressing agreement and disagreement

agreeing/ disagreeing	I couldn't ¹ That's a good/ ², although it could also be argued that ... I completely disagree. I take/ ³ But on ⁴
partially agreeing	I know what you mean, but ... I agree ⁵, but ... That's a fair point, ⁶ it could also be argued that ...


B Learn and practise. Go to the Grammar Bank.

 page 121 **GRAMMAR BANK**

PRONUNCIATION

5A  **4.07** | **stress in phrases for partial agreement** | Listen to the sentences. Which word in the phrases in bold do we stress?

- I **agree with you up to a point**, but not everyone has time to exercise every day.
- That's a fair point**, **although** strength training doesn't suit everyone.
- I **take your point**, **but** it's important to make an effort to keep fit.
- I **see your point**, **but** you can't expect everyone to enjoy going to the gym.

B  **4.07** | Listen again and repeat the sentences.

6A Choose the correct words to complete the conversations.

- A: As far as I'm concerned, all sport is a waste of time and shouldn't be on TV.
B: I **couldn't** / **can't** agree more. It's just a distraction from serious issues.
- A: If you ask me, football is the best sport because anyone can play it.
B: I **am** / **completely** disagree with you. I find football totally boring.
- A: Personally, I believe sport is good for your character.
B: I agree with you **for** / **up to** a point, but not if it teaches you to cheat.
- A: In my view, countries spend too much money on the Olympic Games.
B: True, but on **the other** / **another** hand, don't you think it's fun to watch?

B Work in pairs. Which of the ideas in Ex 6A do you agree with? Why?

SPEAKING

7A Read the statements. Do you agree, partially agree or disagree? Why? Think of as many reasons as you can and make notes.

- 'All children should do sport at school at least once a day.'
- 'Some sports such as rugby and boxing are too dangerous and should be banned.'
- 'It's the government's duty to provide free gyms and sports equipment for everyone.'

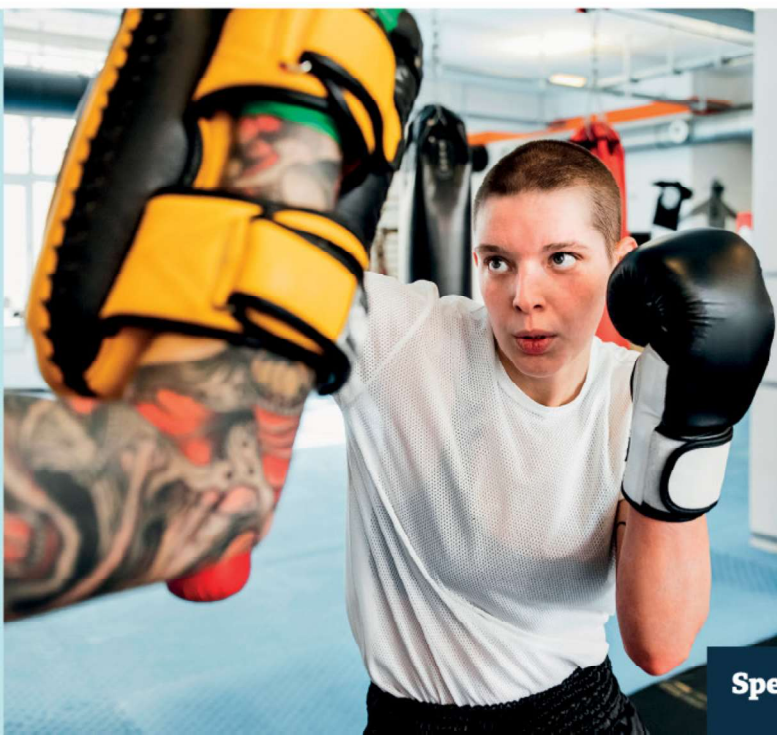
B Work in groups. Discuss the statements in Ex 7A. Explain why you agree or disagree.

MEDIATION SKILLS

making group decisions

decide how to contribute to an event

 page 150 **MEDIATION BANK**



4D BBC Documentary

Ancient traditions

VOCABULARY | phrases related to time

SPEAKING | a discussion about traditional vs. modern lifestyles

WRITING | a cause-and-effect essay

PREVIEW

1 A Work in pairs. Look at the photos and answer the questions.

- 1 What ancient tradition is shown in the photos?
- 2 What do you know about this tradition?

B Read about the programme. What do you think you might learn about the beekeepers' lives? What problems might they face?



Earth from Space

Earth from Space is a BBC series that uses cameras in space to tell stories about life on our planet from a different perspective. In this episode, we watch a group of nomadic beekeepers who travel across China to harvest honey. But they've run into a problem and time is not on their side.

VIEW

2 A Watch the video. Check your answers to Ex 1B.

B Watch the video again. Complete the sentences with one word or a number.

- 1 Nearly percent of the world's rapeseed oil comes from this part of China.
- 2 The thick cloud makes it too for the bees to fly.
- 3 The fields will be sprayed with pesticides in weeks' time.
- 4 Mr Dai waits days for the weather to change.
- 5 The bees need to visit two flowers to make a single jar of honey.
- 6 Bees play an essential part in production.
- 7 The total number of is falling each year.
- 8 Mr Dai has of honey and is happy to move on.

VOCABULARY

phrases related to time

3A Work in pairs. Read the sentences from the video. What do you think the phrases in bold mean?

- 1 They've travelled across China **just in time** for the bloom.
- 2 These bees aren't going anywhere and **time is running out**.
- 3 Pesticides are contributing to a worldwide decline in the number of honeybees and their **future is under threat**.
- 4 Mr Dai's **window of opportunity** is short.
- 5 Mr Dai has plenty of honey. And **not a moment too soon**.
- 6 The fields will be sprayed in two days. **It's time to move on**.


B Work in groups. Take turns to complete the sentences with your own ideas.


- 1 The future of the planet is under threat from ...
- 2 Time is running out for ...
- 3 We have a small window of opportunity to ...
- 4 If we manage to ... , it will be not a moment too soon.
- 5 It's time to ...

SPEAKING

B B C

a discussion about traditional vs. modern lifestyles

4A  **4.08** | Listen to someone talking about how lifestyles have changed in her community. Make notes about the differences she mentions between traditional and modern lifestyles.

B  **4.08** | Listen again. Tick the phrases you hear.

KEY PHRASES

I would say that (my modern lifestyle) is different from ...

Nowadays, ... , whereas in the past ...

Traditionally/In the old days, ...

He/She/They used to/would ... (get up early)

We still have ... , but it's ... (smaller/more difficult)

These days, it seems like .../it appears that ...

Our modern-day lifestyle is much more ... than in the past.

C Make notes about traditions in your community. Use the questions to help you.

- 1 What traditions do your family or community preserve?
- 2 How do you think lifestyles have changed between the generations?
- 3 Which older traditions are under threat? Why?
- 4 Which older traditions do you think the next generation may be interested in?

D Work in groups. Discuss how traditions have changed in your communities. Whose community is the most traditional? Whose is the most modern?

WRITING

a cause-and-effect essay

5A Work in pairs. How might the following affect people's lifestyles?

- larger populations in cities
- increased pollution
- better access to technology

B Write a cause-and-effect essay. Go to the Writing Bank.

 page 105 **WRITING BANK**

GRAMMAR

future continuous and future perfect

1 A Complete the sentences with the correct future continuous or future perfect form of the verbs in brackets.

- Two years from now, I in the same place. (not live)
- By the time I'm old, I hope I at least fifty countries. (visit)
- A year from now, I expect I with all the friends I have now. (still communicate)
- In five years' time, I (working) in the tech industry.
- In five years, I my degree. (complete)

B Work in pairs. Are any of the sentences true for you? Change some of the sentences so that they are true.

passives

2 A Complete the second sentence using an appropriate passive verb and *it*.

- The media has reported that drinking coffee stops you from growing.
..... in the media that drinking coffee stops you from growing.
- People expect that in the future more people will choose a vegetarian diet.
..... in the future, more people will choose a vegetarian diet.
- In the past, people suggested that walking 10,000 steps a day would keep you fit.
In the past, walking 10,000 steps a day would keep you fit.
- People believe that natural sugar is better for you than processed sugar.
..... natural sugar is better for you than processed sugar.

B Work in pairs. Are the statements in Ex 2A true or myths? Check your answers on page 142.

VOCABULARY

3 Complete the sentences with the words in the box.

asthma cut down keep up long hours
medication run-down sedentary shape
transform vary workout

- I try to do a regular, but recently I've been feeling a bit and I haven't been able to.
- I work so I don't have much time for cooking. I should my diet more, and I should also on the amount of fast food I eat.
- I have been thinking of ways I could my lifestyle.
- I do a job which sometimes makes it hard for me to stay in
- I've started running in the morning, and now I'm up to 7 km. I hope I can my progress.
- I suffer from, so I take regular

4 Choose the correct words to complete the sentences.

- I don't sleep very well at night because my husband **snores / naps** so loudly!
- I get so tired during the week that at the weekend I like to **have a lie-in / keep me awake**.
- My son is a very **heavy / exhausted** sleeper – nothing wakes him up.
- I have some very noisy neighbours and they **keep me awake / drop off** some nights.
- I **snoored / overslept** and very nearly missed my connecting flight.
- Jack is a(n) **insomniac / heavy sleeper** so he's always tired!

5 A Choose the correct options (A–C) to complete the text.

Health is the new wealth

Tara Williams | Monday 25 Feb | 13.00 GMT

In recent years, health and fitness has grown into a multi-billion-dollar industry as many of us strive to eat healthily and ¹ in shape. With modern technology, the average lifestyle has become increasingly ² We are also busier and in general work ³ hours than in the past. So, to make up for it, we follow healthy-eating gurus on Instagram and try to ⁴ our diet by drinking fresh vegetable juice and eating superfood salads. We join gyms, buy fitness technology, take online yoga classes and ⁵ regular workouts. It is ⁶ that Americans spend more than \$40 billion trying to improve their health and fitness every year.

And future trends look even more extreme. Some are predicting that within the next ten years, a lot of fitness training ⁷ moved outside. The ⁸ of training outdoors include exposure to the sun and fresh air, and running where the ground isn't flat. In addition, it's likely that more of us ¹⁰ personal tracking devices, which will offer us computer-generated personal training programmes based on our individual health metrics.

- | | | |
|--------------------|-------------------|------------|
| 1 A stay | B go | C make |
| 2 A exhausted | B sedentary | C vigorous |
| 3 A higher | B bigger | C longer |
| 4 A vary | B cut down | C maintain |
| 5 A make | B do | C keep |
| 6 A thought | B thinking | C think |
| 7 A has | B will have | C won't be |
| 8 A motivations | B incentives | C benefits |
| 9 A will have worn | B will be wearing | C wear |

B  **R4.01** | Listen and check your answers.