

VOCABULARY HANDOUT

Body Parts

abdomen
ankle
arm
back
breast
buttocks
calf
chest
elbow
fingers
foot
hand
head
heel
hip
knee
leg
muscle
neck
palm
shoulder
thigh
waist
wrist

Fitness

a workout
aerobics
burn calories
dumbbells
exercise
fitness
flatten abs
get in shape
get lean
get more flexible
gym
health club
kickboxing
lose weight
personal trainer
slim down
strength training
to work out

tone up
treadmill
weight loss
weight training

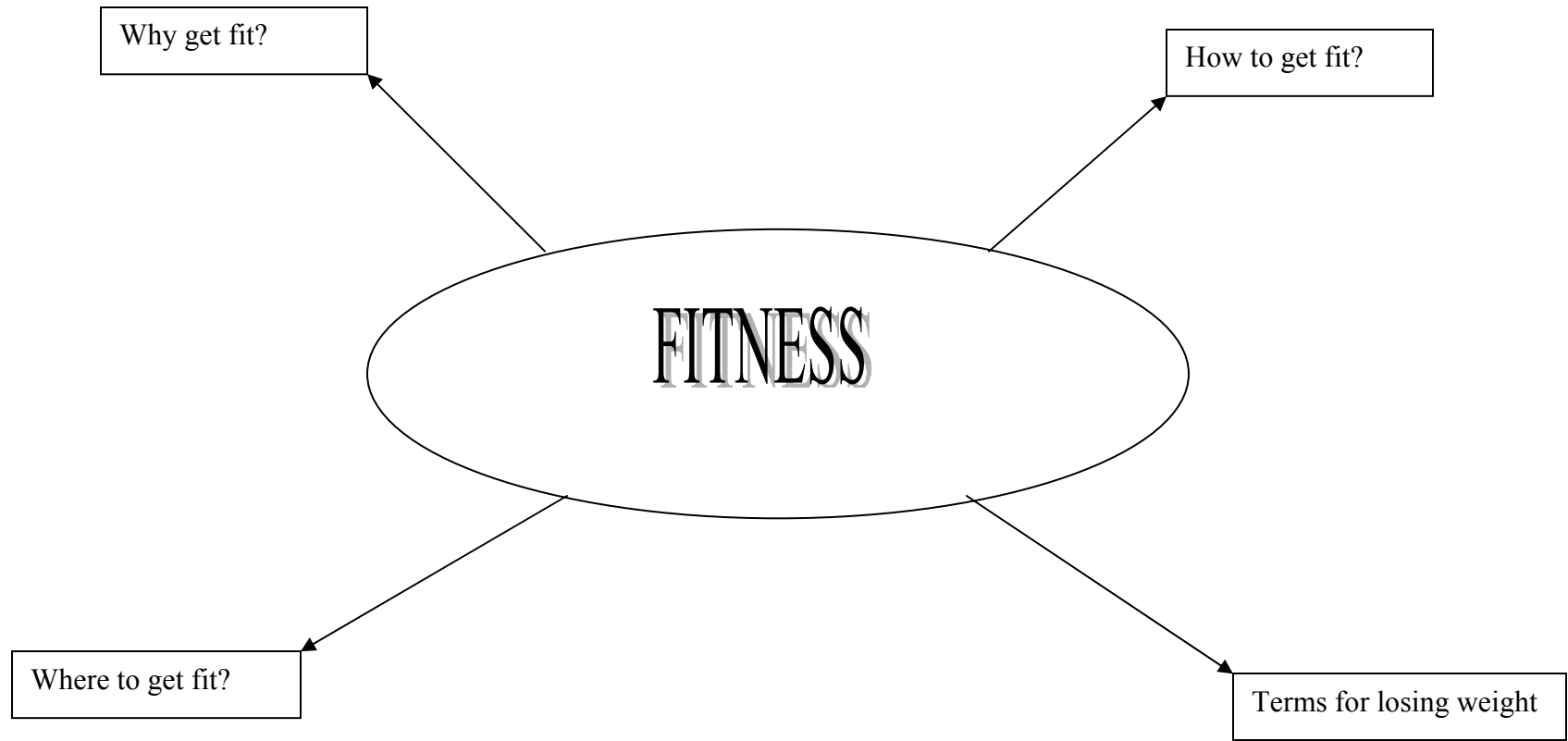
Health Concerns

heart disease
heavy
high blood pressure
obese
overweight
poor diet
risk of cancer
risk of diabetes
sedentary lifestyle

Shopping

bargain hunt
compare
contract
discount
guarantee
on sale
sale price
shop around
special offer
warranty

FITNESS GRAPHIC ORGANIZER



COMPARATIVE SHOPPING

Name _____

Date _____

Work with a partner to find common household items in your sales ads/catalogs. Choose four products to compare. Complete the table with the information and record the decision you would make as a shopper. Which item would you buy? Why? Be prepared to discuss why it is important to shop around.

Type of Item	Price 1	Price 2	Difference	Decision
Shampoo	\$2.59	\$2.99	.40	I would buy the shampoo at price 1 because it is .40 cents less, and it is the same size bottle.

HEALTH/EXERCISE ATTITUDE SURVEY

Name _____

Date _____

Read each question. Answer each question with your response first, then ask all the questions to two other classmates. Write down their response. When you are finished, use the information you got to answer the “ATTITUDE” question below.

	Self	Classmate 1	Classmate 2
1. How many times a week do you exercise?			
2. What kind of exercise do you do?			
3. Do you smoke?			
4. Are you a member of a gym or health club?			
5. What do you think is the best way to get in shape?			
6. Have you ever tried a kickboxing class? Yoga class? Karate class?			
7. What exercise equipment do you own?			

Who do you think has the best health/exercise attitude? How do you know?

HEALTH CLUB TOUR DIALOGUE

Practice this dialogue with two or three different classmates. Take turns being the customer or the health club attendant.

- Attendant: Hello! How can I help you?
Customer: Yes, hi. I would like information about your club.
Attendant: Certainly. What would you like to know?
Customer: Are there treadmill machines?
Attendant: Yes, they are our most popular pieces of equipment. We have 20. We also have stationary bicycles.
Customer: Are there any yoga classes?
Attendant: Yes, there are yoga, pilates and kickboxing classes. Yoga classes are every afternoon at 6:30.
Customer: Is there a start up fee?
Attendant: There is a small start up fee, but we do not require a yearly contract. We have month to month membership.
Customer: Is there free child care?
Attendant: Yes, we do offer free child care every day in the morning and the afternoon, except on Sundays.
Customer: I am interested in strengthening my arms and toning up my abdomen. Is there any specific equipment for those areas.
Attendant: We do have equipment that can help you, and right now for new members we are offering 2 free sessions with a personal trainer.
Customer: Would it be possible to get a tour of the club?
Attendant: Sure! Let's start with the weight room. Come this way please.

GYM PROFILE

Name: _____

Date: _____

Use the Yellow Pages to research information on two different health clubs. You might not find an answer to all of the questions.

Profile	Health Club 1	Health Club 2
Name		
Address		
Phone number		
Yearly contract/ month to month membership		
Start up fee		
Free child care available		
Nationwide locations		
Personal training		
Are there group exercise classes?		
What exercise equipment does it offer?		
How many miles from your home/work?		

Based on the information you have gathered, choose one gym that you would be interested in joining. Write a paragraph below explaining the reason you chose the gym.

Community Extension Assignment

A. Speaking

1. Visit the health club you chose from your gym profile activity.
2. Speak to someone at the club and get a tour. Try to get as much information as possible about the services they offer.

B. Writing: Answer the following questions in complete sentences.

1. Who was the person you spoke with at the club?
2. What are the hours it is open?
3. What are some special services they offer?
4. Describe the club: Was it clean, large, bright, etc.?
5. What did you like about the club? What did you dislike?
6. Would you join this health club? Why or why not?

C. Presentation

1. Bring any information they gave you at the health club.
2. Bring the finished writing assignment to the next class.
3. Be prepared to share your experience in class. Be prepared to describe the health club and tell what you liked or disliked about it.
4. Be proud of your effort with this assignment, and with improving your English skills.