

afaq

StartUp 4
Listening

Unit6 – Lesson3
Page71

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



SPEED

Teach the form of the word. Then ask some concept checking questions.



SPEED

MODERATE



Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.

Teach the form of the word. Then ask some concept checking questions.



INTENSE EXERCISE

A 06-17 **Listen to the podcast. Circle the correct answers.**

1. What is the main idea?
   a. There's too much information on getting fit, and it confuses people.
   b. Exercising intensely for a short time, followed by a short time to rest, is the best way to stay fit.
   c. If you want to get fit, there are several simple things to start doing immediately.
2. What is the third idea that the speaker talks about?
   a. Add small amounts of exercise to your everyday life.
   b. Repeat the fast/slow cycle five times.
   c. Stand up whenever you can.

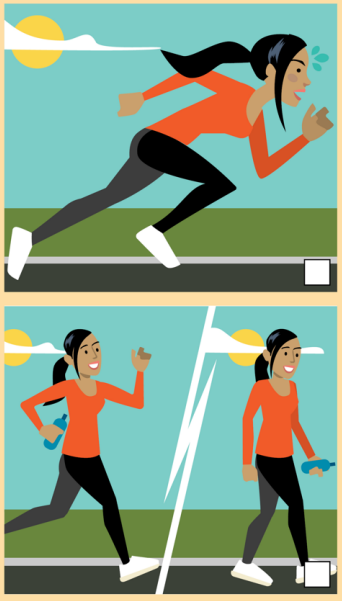
LISTENING SKILL

Listen for enumeration

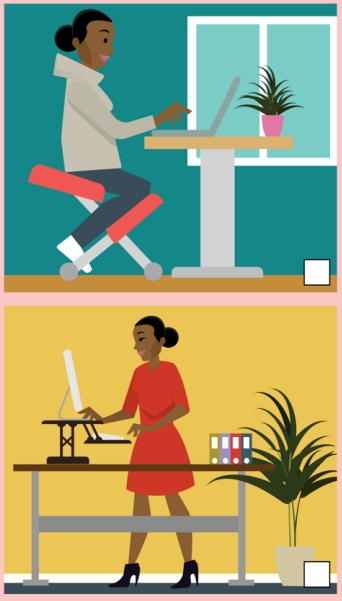
Speakers often tell you how many ideas they are going to talk about at the beginning of a speech or presentation. Then they begin each idea with a number or the words "next," "another," and "finally."

B ▶06-17 Read the Listening Skill. Listen again. Put a check (✓) next to the picture that matches the speaker's suggestions.

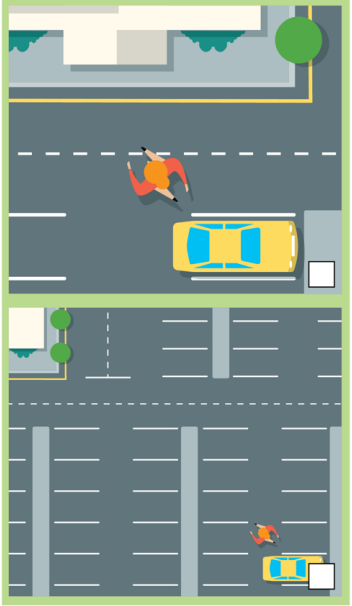
1



2



3



Have your Ss answer the lead-in questions using the "whole-class" interaction pattern.



Good afternoon, and welcome to A Fitter You. Today I'm going to talk about three things that you can do right now to start getting fit. I'm going to keep it simple, because I know that many of you are confused by all of the information out there—and sometimes too much information is worse than no information. The result? Many people who really want to get healthier end up doing nothing at all. So, how can you start getting fit? Here are three simple suggestions. You can do them right now, and they will cost you no money and very little time.

First, did you know that short periods of intense exercise, followed by a few minutes of rest, are a more effective way to burn calories and build strength than longer periods of moderate exercise? So, instead of taking an hour-long walk at a moderate pace, take a thirty-minute walk. Walk as fast as you can for three minutes, moving both your arms and your legs, until you are breathing hard. After three minutes, walk slowly for three minutes, giving your body time to rest. Repeat this fast/slow cycle five times.

Next, stand up whenever you can. Believe it or not, standing burns calories, builds strength, and is good for your heart and lungs. If you work on a computer, consider getting a standing desk. Your back will say "thank you," too.

Finally, add small amounts of exercise to your everyday life. For example, park your car a little farther away from the office, or walk up the stairs instead of taking the elevator. And remember suggestion #1: during that walk, push yourself as hard and as fast as you can.

Ok, folks, that's it for this week's episode of A Fitter You. 'Til next time...

READ THE SCRIPT AND UNDERLINE ANY NEW WORDS YOU DO NOT KNOW.

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AS HOMEWORK USE A DICTIONARY TO LOOK UP THE WORDS AND LEARN THEM.