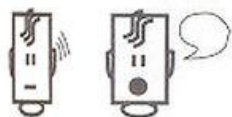


# PART I



■ LISTEN AND READ.

# 11

## Lesson eleven

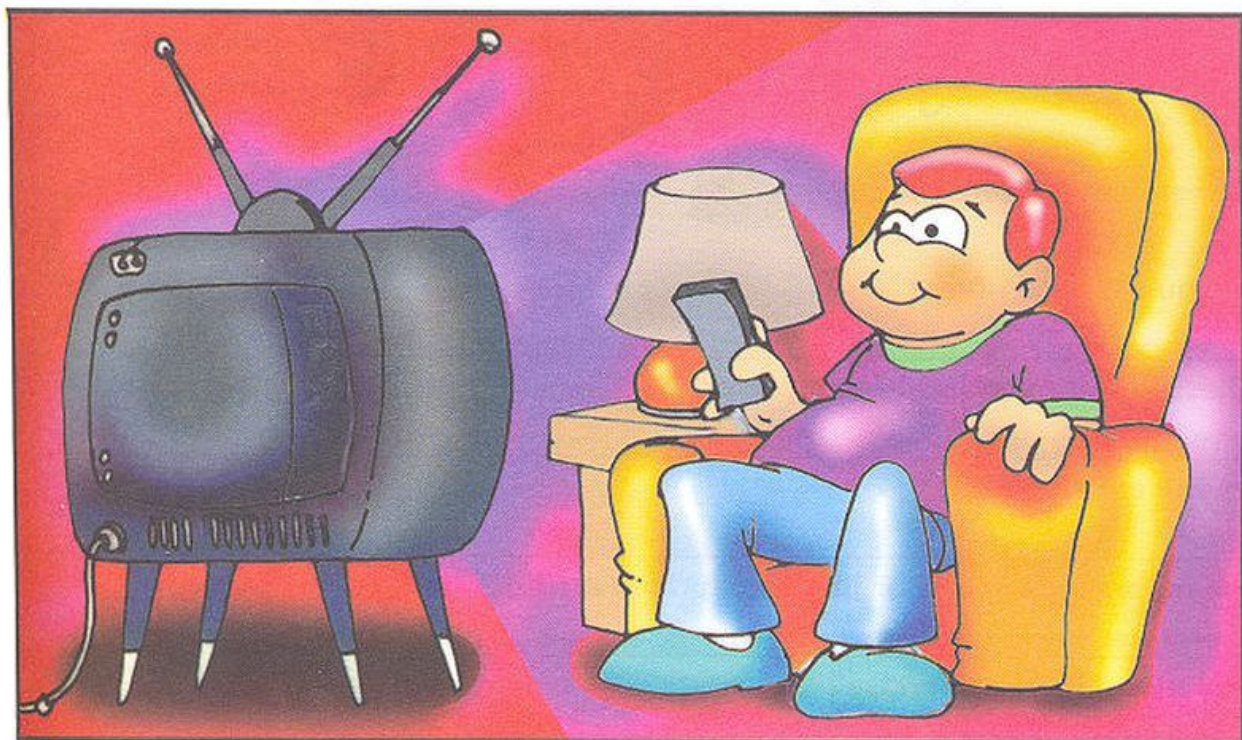
Eleventh(11th)  
Lesson

## WHY EXERCISE?

Present day living is an enemy of the human body. When our ancestors came down from the trees a million years ago, they lived an active hunting life, running to catch their food, fighting off predators, and struggling to keep warm at night. Modern cities make no such demands on us. Many of us ride to work in our cars or on public transportation, work all day at a desk, then slouch in front of the television at night. It's not surprising that our bodies become flabby, stiff and fat.

So the main reason for improving your physical fitness is simply to get more joy out of life. Your body was meant to be used, and when you have given it back its strength and vitality, you will develop a happier, more confident outlook on life as a whole.

The other reason for physical exercise is more sobering. The body that is not exercised begins to degenerate. Unfit, overweight people have a greater than average chance of developing arthritis, breathing trouble, lower back pain and accidents. And there is a lot of evidence that people who do not exercise have a greater chance of developing one of the big killers of our time: heart disease and high blood pressure. Unfit people only live half a life and all too often, it ends abruptly.





■ ANSWER:



1. How can we enjoy a better life?  
\_\_\_\_\_
2. Why didn't prehistoric men need additional physical exercise?  
\_\_\_\_\_
3. Does physical exercise have anything to do with the length of your life? Explain.  
\_\_\_\_\_
4. What are the dangers of being overweight?  
\_\_\_\_\_
5. Why should people exercise?  
\_\_\_\_\_



■ ANSWER:



1. Do you exercise often?  
\_\_\_\_\_
2. What kind of exercise do you prefer?  
\_\_\_\_\_
3. Do you enjoy sports?  
\_\_\_\_\_
4. Do you practice sports or just watch them on T.V.?  
\_\_\_\_\_
5. How often do you exercise?  
\_\_\_\_\_



# PART II



## DIALOGUE

# YOU CAN'T WIN THEM ALL



**DARLENE:** Hello?

**ROGER:** Hello, is Darlene there?

**DARLENE:** This is Darlene .

**ROGER:** Hi, Darlene . This is Roger.

**DARLENE:** Oh!, Roger. Nice to hear your voice.

**ROGER:** Well, I just called to see if you'd like to play tennis this afternoon.

**DARLENE:** Oh!, sure. I'd love to. I'll see you at the club at five o'clock this afternoon.

**ROGER:** By the way, did you go to the club yesterday?

**DARLENE:** Yes, I did. And I played against Laura Adams.

You know, that nice blonde woman we met at Lou's party. She is really good.

**ROGER:** So she beat you.

**DARLENE:** No, incredible as it may sound, she didn't win... I did!

**ROGER:** No kidding?

**DARLENE:** No kidding at all. But things were really hard. She was ahead by three games and...

Suddenly the lights went out! We had to wait for about half an hour to complete the first set.

**ROGER:** And then what happened?

**DARLENE:** She finally took the first set 6-2.

**ROGER:** That wasn't a good start for you.

**DARLENE:** It really wasn't. But her happiness didn't last very long. I rushed her and didn't let her think.

Her shots started going wild. She got nervous and you see the result; I won the other two sets.

**ROGER:** She didn't seem to be playing just for the fun of it.

**DARLENE:** That's right. She took it very seriously.

**ROGER:** How about you? I bet you like to win, too.

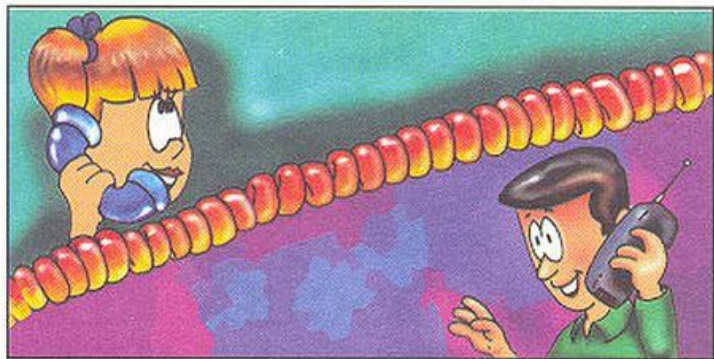
**DARLENE:** Yes, but I'm not the competitive type. I wouldn't get angry if I lost a set or a tournament.

**ROGER:** Well... Good for you. See you later.

**DARLENE:** O.K.







■ WRITE QUESTIONS TO THE FOLLOWING SET OF ANSWERS:



1. They play tennis two times a week.

2. At 5 o'clock.

3. Yes, she went to the club yesterday.

4. She's blonde.

5. Ann won the match.

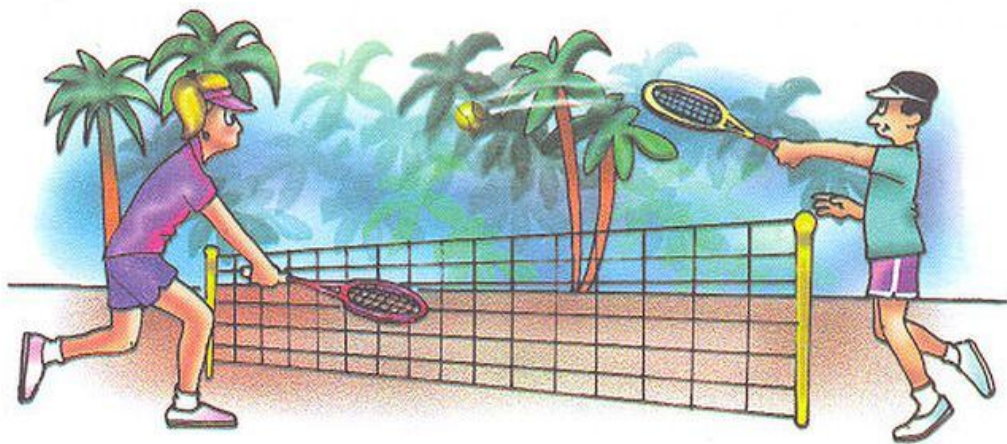
6. Because the lights went out.

7. No, she wouldn't get angry if she lost.

8. This is Darlene.

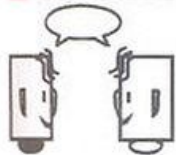
9. Oh sure, I'd love to.

10. I won the last set.



# PART III

■ FUNCTION: ADVISING.



■ DIALOGUE.

## 1. HOW TO GIVE POSITIVE ADVICE:

### I'VE BEEN PUTTING ON WEIGHT.

- WELL, WHY DON'T YOU EAT LESS?
- I'D ADVISE YOU TO EAT MORE VEGETABLES AND LESS FAT.
- WELL, IF I WERE YOU, I'D EXERCISE.



## 2. HOW TO GIVE TENTATIVE ADVICE:

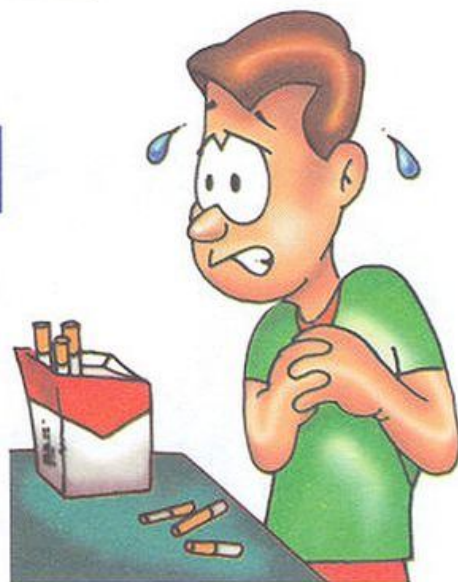
### I'VE BEEN LOSING WEIGHT.

- WELL, IT MIGHT BE A GOOD IDEA TO EAT MORE.
- PERHAPS YOU SHOULD EAT MORE FATTY FOODS.
- YOU COULD CONSIDER GOING TO A NUTRITIONIST.

## 3. HOW TO DECLINE ADVICE:

### I WANT TO QUIT SMOKING.

- I'M AFRAID I CAN'T REALLY HELP YOU. I'M TRYING TO QUIT SMOKING MYSELF.
- I WISH I COULD SUGGEST SOMETHING, BUT I CAN'T.
- I DON'T KNOW WHAT TO ADVISE, I'M AFRAID.





# vocabulary

■ WRITE A SHORT ESSAY WITH AS MANY  
OF THE FOLLOWING WORDS AS POSSIBLE

**ENEMY, FIGHT, EVIDENCE, KILLERS,  
OFTEN, CHANCE, STRUGGLE, BLONDE,  
WILD, NERVOUS**

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