

Talking about health and fitness goals

Do you have any health or fitness goals? (Yes, I want to...)

Vocabulary Match

1. planning 2. balanced 3. motivation 4. jogging 5. staying 6. stamina
- ___ thinking ___ running ___ energy ___ equal ___ keeping ___ encouragement

Conversation

Aisha and Ryo discuss their health and fitness goals. They share their exercise routines, diet plans, and how they motivate each other to stay healthy.

- Aisha: Hi Ryo! How are your health and fitness goals going?
- Ryo: Hi Aisha! Pretty well, thanks. I've started ___ in the park every morning. What about you?
- Aisha: That's great! I try to go to the gym three times a week. I want to get stronger and feel healthier.
- Ryo: Sounds good. Do you have any goals, like losing weight or building muscle?
- Aisha: I want to lose a bit of weight and build up my ____. I'm also ___ to eat more vegetables.
- Ryo: Eating well is important. I've been cooking more at home instead of eating out.
- Aisha: That's a smart move. Cooking at home helps you control your meals. Are you on any special diet?
- Ryo: Not really, but I try to eat ___ meals. Let's help each other stay motivated!

Quiz

1. What does Ryo do every morning?
2. How often does Aisha go to the gym?
3. What is Aisha planning to eat more of?
4. What does Ryo do instead of eating out?

True or False

- | | |
|---|--------------|
| 1. Ryo jogs every evening. | True False |
| 2. Aisha wants to build up her stamina. | True False |
| 3. Ryo is on a special diet. | True False |

Discussion

1. What is your favourite way to exercise?
2. Do you like cooking at home or eating out more?
3. What healthy foods do you enjoy eating?
4. How do you stay motivated to reach your goals?
5. Do you prefer exercising alone or with friends?