



**Module D Unit 7**

Training 1.1 (p.59)

Announcer : You are Miriam, an assistant fitness trainer at a fitness centre. You are listening to some advertisements for the products at the centre. Match the advertisements with the products below by writing the numbers (1-6) in the boxes.

Commercial 1.

Woman : Have you just finished a long workout? Are you feeling tired and drained? Does your body need water and vitamins?  
① Then we've got just the drink for you! It replaces all the fluid and minerals you lost during a good tough workout. Try it and get the fluid and minerals you need! \*

Announcer : Commercial 2.

Man : ② Whether you work hard or play hard, you'll love this snack. It comes in a wide range of flavours and tastes. Made from Australian oats and juicy raisins, it's delicious and gives you all the energy you need to make it through a tough day or a tough workout. \*

Announcer : Commercial 3.

Woman : The Pathfinder 920XG is great for athletes. It now comes with GPS and the ability to track your speed, distance and heart rate underwater. ③ It has a slim design, a display that is easy to read and a screen that is shatterproof, and it is even water-resistant up to 50 metres. You'll receive two years free warranty. Strap it on! You'll love it! \*

Announcer : Commercial 4.

Man : ④ After jogging in it for 3 months, my balance has improved. My feet, ankles and knees are feeling stronger. I'm running farther. I'm running faster. I'm running stronger. I've made a good choice. Step on the new way to fitness now! \*

Announcer : Commercial 5.

Woman : Get in shape and stay in shape, at home or in the gym, at an affordable price. ⑤ You can perform a wide range of exercises with it. It can improve your balance, strength and flexibility. It's easy to inflate and easy to use and best of all — affordable! You'll get a free DVD user guide for a limited time. Roll one home now! \*

Announcer : Commercial 6.

Man : ⑥ I'm light in weight and not like any other. I have two soft, moulded grips for you to hold on to. There are six different lengths to suit your height and fitness needs. Take me home as your new workout partner and skip wherever you like, whenever you like. \*

Training 2.1 (p.60)

Announcer : You are working with a co-worker to make a display for the fitness centre. Listen to the conversation and complete the mind map below.

Ken : Hi, Miriam. What are you doing?

Miriam : I'm trying to make a mind map to show healthy and unhealthy ways of losing weight.

Ken : Let me see...let's work together. Tell me

the points and I'll draw the mind map for you.

Miriam : Our main topic is 'losing weight'.<sup>⑦</sup> And I'm going to divide what people do into 'healthy ways' and 'unhealthy ways'. What do you think?

Ken : That's good. Hmm...let me think of the healthy ways to lose weight.<sup>⑤</sup> I think one way must be to avoid eating oily and sugary food.

Miriam : You're right. Too much oil and sugar not only makes people fat, but they're also bad for your health.<sup>①</sup> The next one must be to exercise regularly.

Ken : Yes, but that's what people always avoid doing! The next one perhaps is... having saunas?

Miriam :<sup>⑥</sup> Having saunas only gets rid of water in your body for a short time. It's good for relaxing, but definitely not for keeping fit. If you have saunas as a way to stay slim,<sup>⑥</sup> it's bad for your health because your body is very likely to have a shortage of water.

Ken : I've never thought of that.

Miriam : Water is very important to our health.<sup>②</sup> Drinking plenty of water is good for dieting too! Because water can help us keep our digestive system healthy and get rid of waste in our body easily.

Ken : I see. What do you think if I put 'stop eating' as a healthy way to lose weight?

Miriam : No way!<sup>⑩</sup> Not eating or fasting is bad for your health.

Ken : Why's that? Aren't dieticians always telling people to eat less?

Miriam : But some people only eat an apple during the whole day or even stop eating altogether. Just like having saunas, your body seems to be lighter in the short run, but it is definitely not a

good way to keep fit. Your weight will increase immediately after you return to a normal diet.

Ken : I see.<sup>⑨</sup> I think taking diet pills must be an unhealthy way to diet, right? We always recommend our customers not to take any diet pills.

Miriam :<sup>⑩</sup> Yes, besides taking diet pills, we should include 'drink diet drinks' too. There're many diet drinks on the market, saying things like 'Drink me and you will lose 3 kilos in a week' etc. In fact, those drinks are the same as diet pills. There's no short cut that will let you lose weight immediately and lazily.

Ken : In other words, can I say 'having good meals' as a healthy way then? People should eat good food to keep themselves healthy.

Miriam :<sup>④</sup> Hmm... I think 'Have a balanced diet' is better. Good meals can be unhealthy sometimes! Consider what you eat at parties or banquets. I think we should remind our customers to have a balanced diet so they're more aware of the calories, fat and vitamins they take in from food every day.

Ken :<sup>③</sup> I'm thinking about another one which is to cut down on snacks.

Miriam : A good point, Ken! Most snacks contain a lot of fat and sugar which are bad for our body. We should remind our customers to cut down on snacks.

Ken : Thanks, is that all?

Miriam : Mm...<sup>⑧</sup> I want to add the final point to remind our customers that hoping to lose weight in a short period of time is not healthy.

Ken : Can we say 'Set unrealistic goals'? They should be realistic to set any targets for themselves.



Miriam : Good job, Ken! But...hmm...how is 'unrealistic' spelt?  
Ken : U-N-R-E-A-L-I-S-T-I-C.  
Miriam : Thanks for your help, Ken. I think we've got enough points for this mind map. \*

**Training 3.1 (p.61)**

Announcer : Listen to the advice given by a dietician to Mary and fill in the blanks below.  
Dietician : I have talked to Mary about her leisure activities. I find that she spends a lot of time sitting down or eating. I have some suggestions for her. Instead of having naps in the afternoon, she should have a regular sleeping time. Having a regular sleeping time is important for our body to function well. Also, she should avoid eating between meals. Eating between meals makes you eat less at regular meals but tends to fill you up with unhealthy snacks. Lastly, she needs to reduce the time sitting in front of the computer. She should take part in more outdoor activities. \*

**Training 3.2 (p.61)**

Announcer : You are talking with a client about what he ate yesterday. Listen to the conversation and complete the table below.  
Miriam : Hello. You must be Mr Lo. I'm Miriam. I'm here to give you some suggestions about your diet.  
Mr Lo : Oh, hi. Nice to meet you.  
Miriam : Nice to meet you too. Let's get started. I see your breakfast includes noodles, eggs, bacon, toast and whole milk.

That's quite heavy, especially with bacon. I suggest you avoid eating bacon because it is very high in fat.  
Mr Lo : I've tried to stop eating bacon for breakfast before, but it's difficult.  
Miriam : Well, it is very high in fat and not healthy for you. Also, you should cut down to only one egg and try drinking skimmed milk instead of whole milk. One egg and a glass of skimmed milk already provide you with sufficient calories.  
Mr Lo : OK, I'll try that.  
Miriam : Now you have to be careful with your morning snack. It's best to avoid eating meat for snacks. Consider having fruit. Apples and grapes are good.  
Mr Lo : I'll avoid eating meat, but I really don't like fruit, especially apples and grapes.  
Miriam : I understand, but fruit is an important part of a healthy diet. So please find some fruit you like. Now I see your lunch is very typical. Please try not to eat too much meat.  
Mr Lo : So no meat for lunch?  
Miriam : No, that's not necessary. Just don't eat too much meat. You can try to eat more white meat like fish. And stay away from oily food. It's very high in cholesterol. And instead of soft drinks, consider having fruit juice or water instead.  
Mr Lo : I drink soft drinks only once a day.  
Miriam : Still, fruit juice or water is better than a soft drink. What do you have for your afternoon snack?  
Mr Lo : Mainly chocolates.  
Miriam : It's a good idea to avoid eating snacks



with a high sugar content. You might consider having a healthier snack, like nuts or carrots.

Mr Lo : I can do that. I like nuts and carrots.

Miriam : Very good. Now for dinner, please again consider cutting down on the amount of meat you eat. You can eat meat but just cut down on the amount. Try your best to avoid drinking alcohol because it's very high in calories.

Mr Lo : But beer is my reward at the end of a long day.

Miriam : I can understand that. But it's very high in calories, and you'll have trouble losing weight if you drink too much.

Mr Lo : I'll try my best. \*

Miriam : So 95 kg, then. OK, let's talk about your eating habits. What do you usually have for breakfast every day?

Mr Tong : Hmm...my breakfasts aren't very normal. I usually have milk tea and noodles.

Miriam : Sounds quite normal to me.

Mr Tong : Well, actually, I eat my noodles with beef, an egg and an extra piece of toast.

Miriam : So you have milk tea and noodles with beef, an egg and 2 pieces of toast. Right?

Mr Tong : Yes.

Miriam : And what do you usually eat for lunch?

Mr Tong : A sandwich... No, sorry, I have a sandwich only about once a month, I guess. Usually I eat rice with meat and vegetables at a Hong Kong style café.

Miriam : So you usually have rice with meat and vegetables for lunch.

Mr Tong : That's right.

Miriam : How about dinner?

Mr Tong : Hard to say. I often eat out with friends. Maybe rice with fish.

Miriam : Fish and...

Mr Tong : Actually, I don't care for fish very much, unless it's fried. It's probably more often something like rice or noodles with meat...and fish. Yeah, that sounds right.

Miriam : So rice or noodles with meat and fish. And do you eat snacks every day?

Mr Tong : Just once in a while. I'm not very big on snacks.

#### Training 4.1 (p.63)

Announcer : You are talking to two new customers who want to join the centre. Listen to the conversations and complete the questionnaires below.

Conversation 1.

Miriam : Hi, Mr Tong. Thank you for joining our fitness centre. I have a few questions for you. Can you tell me how tall you are?

Mr Tong : I'm 185 cm...sorry, wait a minute... 183 cm is more accurate.

Miriam : You're certain?

Mr Tong : Yes, yes, I'm certain. One eight three.

Miriam : And how much do you weigh, Mr Tong?

Mr Tong : I'm not really sure. I think about 92 kg.

Miriam : So 92...

Mr Tong : Actually, it's probably closer to 95 kg. I've put on some weight recently.



Miriam : OK, good. And what are those snacks?

Mr Tong : Mostly fruit in the afternoon...no, not really fruit. <sup>⑥</sup> To be honest, I eat chocolates and potato chips.

Miriam : So you eat chocolates and potato chips for snacks.

Mr Tong <sup>⑥</sup> : Yeah... I eat them every day, to be honest.

Miriam : OK. How often do you spend exercising every week?

Mr Tong : 3 days a week.

Miriam : OK, and...

Mr Tong <sup>⑦</sup> : As a matter of fact, I should have said once a week. 3 days a week was for last year. So just once a week now.

Miriam <sup>⑧</sup> : When was the last time you exercised?

Mr Tong : Last week.

Miriam : And the last question. When was the last time you had a physical examination?

Mr Tong : Last year.

Miriam : How many months ago was that?

Mr Tong : It was July of last year. No, wait a minute. That's not right. <sup>⑨</sup> It was 2 years ago.

Miriam : So 2 years ago.

Mr Tong : Yes, yes. Um, that's right.

Miriam : Thank you, Mr Tong. Please take this to the counter and someone will go over the fitness programmes with you. \*

Announcer : Conversation 2.

Miriam : Good afternoon, Miss Ng. Thank you for joining our fitness centre. I have a few questions for you. Miss Ng, could you tell me how tall you are?

Miss Ng <sup>⑩</sup> : Sure, I'm about 160 cm. No, actually, I'm closer to 163. Yes, 163.

Miriam : And how much do you weigh?

Miss Ng : Well, do I really have to?

Miriam : We need to know so we can choose the best training programme for you.

Miss Ng <sup>⑪</sup> : Well, OK. I weigh 74 kg.

Miriam : Thank you, and...

Miss Ng : I'm sorry. You'd better write 77.

Miriam : OK, and what do you normally eat for breakfast?

Miss Ng : Breakfast...is usually just a coffee. Well, sometimes just a coffee. <sup>⑫</sup> Usually a coffee and a pineapple bun.

Miriam : Coffee and a pineapple bun. Then how about lunch?

Miss Ng : A vegetable pie.

Miriam : Just a vegetable pie?

Miss Ng <sup>⑬</sup> : Well, not really vegetable, it should be a chicken pie and coffee, and also a muffin with that.

Miriam : So a chicken pie, coffee and a muffin. Is that right?

Miss Ng : Yes.

Miriam : OK. How about dinner?

Miss Ng : Rice and vegetables.

Miriam : So rice and vegetables for dinner...

Miss Ng : And some meat with that. <sup>⑭</sup> Yes, some meat and vegetables, with rice.

Miriam : That's good. Do you eat snacks every day?

Miss Ng : Mm...Maybe just a piece of chewing gum in the afternoon. Just to keep me awake.



- Miriam : I'd better tick no snack then. Chewing gum is not exactly a snack.
- Miss Ng : Sorry... <sup>15</sup> I do like to have a bun in the afternoon. Usually a pork bun to give me energy, you know.
- Miriam : So a pork bun for a snack. <sup>16</sup> Now how much time do you spend exercising every week?
- Miss Ng : Oh, no, I don't exercise.
- Miriam : Then when was the last time you exercised?
- Miss Ng : 2 years ago, maybe. I went on a hike, a short one. <sup>17</sup> Oh, sorry, that was 4 years ago. I remember now. Yes, 4 years ago.
- Miriam : And the last question, when was the last time you had a physical examination?
- Miss Ng : A year ago, I think. Let me see...oh no, it wasn't last year. <sup>18</sup> It was 3 years ago. Yes, that's right.
- Miriam : Thank you very much, Miss Ng. Take this to the counter over there and someone will tell you about our fitness programmes. \*