

Shaping up for life

Unit 5 Unlocking your energy Unit 6 Behind the glamour

Which of the questions below would you find interesting to ask each of the people in the pictures? With a partner, choose one question per person only. Don't use any question twice. Then discuss your ideas in class and suggest some possible answers the people in the pictures might give. Finally, in pairs choose two questions you would like to ask your teacher.

- 1 When and where do you feel most comfortable?
- 2 What effect does physical exercise or sport have on you?
- 3 What makes you feel good?
- 4 What does 'old age' make you think of?
- 5 Does your appearance play an important role in your life or job?
- 6 Do you like dressing up for special occasions?
- 7 To what extent is fashion important to you?
- 8 Are you easily influenced by fashion trends?



Unit 5

Unlocking your energy

1 Tune in

Sit comfortably and, if you like, close your eyes while listening to some relaxing music. Then, share your impressions in small groups. What impact has the music had on you? Did you see any pictures, did you hear any sounds or experience anything with your other senses? Did you see yourself in any of the pictures? What were you doing there?

2 Read and make your choice

The following advertisement shows an amazing new approach which is supposed to release the hidden talents and abilities we all have. Tick any of the suggested cassettes on offer that sound attractive to you. What kind of recorded material would you expect to hear on these topics? Talk to a partner.

At last, it's possible to release the genius within you!

These exclusive vocal coded 'Self-Learning' cassettes are unlike any you've heard before. They will inspire and revitalise you, they will help you achieve more and be more successful than you have ever thought possible. Thousands of people of all ages are achieving startling results. Just a glance at our offer shows you that our cassettes can help you in so many ways. Order today by fax or phone, 0161 928 8181.

Please send me the following cassette(s) at £ 9.95 each.

- ☐ Weight Reduction
- ☐ Unlimited Mental Ability
- ☐ Better Concentration
- ☐ Power Memory
- ☐ Stop Smoking and Be Healthy
- ☐ Fitness Motivation
- ☐ Enthusiasm and Energy
- ☐ Positive Self Image
- ☐ Success at Financial Prosperity
- ☐ Increasing Self Awareness
- ☐ Attracting the Opposite Sex
- ☐ Stress Management

3 Read and use these expressions

There are numerous books and institutions suggesting methods to keep our physical and mental vitality alive. In small groups, answer the headlines of the two following advertisements. Then read the texts and discuss them in class. Would any of the two texts attract the attention of people with particular problems, do you think? Use these expressions.

There are exceptions, of course. But don't forget ...
But then again Let's not forget

Have you ever thought  about changing your face?

Have you ever wondered what you would look like with a different nose? Or with your ears pinned back or the bags under your eyes removed? What about the possible effects of a facelift, cheek implants or a chin correction? Or could you imagine yourself ten years younger with a few facelifts or wrinkle improvements?

For a free copy of our full colour information guide, please telephone 0181 577 99644 (today)!

Have you ever tried food for your vitality?

'The best diet for your life.' This book is a result of twenty years' research and is an effective guide to a happier, healthier future. Its eight-point diet plan provides new hope for those who are feeling depressed and who have been suffering from chronic illnesses. Choose the diet best suited to your life-style.

4 Listen and write

Six people aged between 84 and 102 have their own philosophy about a healthy life style. Your teacher will stop the tape after each person. With a partner, write down one more sentence the person might have said. Share your ideas and give reasons.



5 Discuss and make your point

How do you keep your body tuned and your mind in shape? As 84-year-old Jonathan said, "A little regular exercise can give you joy and satisfaction." What else can you gain from it? With a partner, write down more ideas and then discuss them in class.

6 Read and share your ideas

The two articles below appeared in an educational magazine. Which part(s) of the first text do you agree with most? Underline them. Have you had a similar experience? Share your thoughts in small groups.

Gaining energy to enjoy life

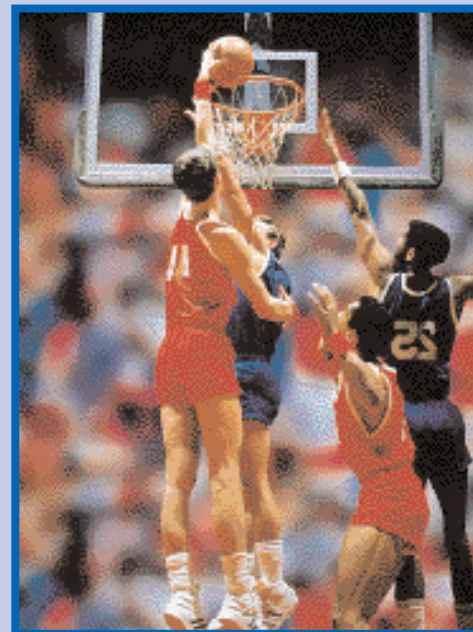
People who get regular physical exercise are usually happier, more relaxed and more alert. When you're fit and healthy,

you'll find you look and feel better, too. Exercise can also help reduce stress levels or enable you to handle your stress better. With every training session you gain more and more energy and self-confidence. There's no doubt that physical exercise gives you a sense of achievement. As a

result you feel good about yourself, knowing that you have improved your fitness and appearance. People who exercise regularly find they have more energy to enjoy life; it puts them in a better mood. Feelings of frustration or anger are replaced by feelings of calm or contentment.

7 Exchange information, put meaning into words and write

Work with a partner. Student A look at page 75, student B at page 77. First, read your words to each other and try to form matching pairs. Then, write a short text for an educational magazine on the value of team sports. Use as many of your word combinations as possible and add a headline, too.



8 Read and make your choice

Do you agree with the statements below? Discuss in small groups and give examples. Then decide where you would best place each of them in the text that follows. They can go in any order. At the end, compare your results.

- 1 Working as a team to solve problems and face difficulties together builds up courage and confidence.
- 2 Playing in a team can improve your social life.
- 3 Being dependent on the other members of the team, with others depending on you, gives a sense of security and belonging.
- 4 Being a good team member is a useful skill for getting along with your family.

Building up courage and confidence

Training and playing as a team is a skill in itself. Learning how to co-operate with others, to find your own special place in the group and to make decisions with members of the group are skills you need in various areas of your life. It is also important when you finish school and get a job. Members of a team help each other, supporting and encouraging the weaker members and backing up the stronger ones.

A team will quickly develop its own identity, with members taking pride in the team's achievements and feeling great loyalty towards one another. It is a rewarding experience to know that you are part of a successful team. Apart from that, it is a challenge to be struggling to win! Meeting new people with similar interests can lead to new friendships. Teams often like to socialise together away from the game, especially when they are celebrating a win.

Unit 6 Behind the glamour

1 Tune in

Imagine you have been invited to a friend's party. You have just walked into a room packed with strangers who are standing in groups deep in conversation. A number of guests are elegantly dressed, others quite casually. Some of them seem to be enjoying themselves. Would you approach any of these people? Who would you choose to talk to? How would you introduce yourself? Tell a partner what you would do.

2 Discuss and write

What do these four people look like, do you think? Imagine their ages and faces. Decide on their personalities, interests, jobs and characters, too. Who would you like to share an evening with? Choose one only and discuss in small groups. Take some notes and describe your person to the class. These phrases can help you.

The person is ... / looks ... / looks like ... / looks as if ... / appears to be ...



3 Use these expressions and put meaning into words

Think of a person you feel at ease with. Tell your partner what it is you appreciate about his or her personality and character. Then describe the kind of person you feel uncomfortable with. Let your partner do the same. Write down the adjectives he/she uses and compare them in class.

I quite / particularly like the way he/she ...

I don't particularly like ...

I very much appreciate his / her / the way he/she ...

I can't stand / bear ...

4 Read and share your ideas

The four women described below are all looking for a partner. Who do you think is the nicest or the most interesting of them all? Who might look most beautiful or attractive? Which of them is the most sporty or active person, would you say? Discuss.

ENCOUNTERS

Female 24, nurse, charming person, loves meeting people, countryside, theatre, pubs, eating out and music, is looking for that special person to care for and share happy moments with, sharp mind is more important than age. 0839 108

Female early 50s, slim and attractive widow, self-supporting, good conversationalist, attractive mind, enjoys music, reading and outings, would like interesting and understanding partner to visit places and share various activities with. 0839 103

Female 19, blonde, attractive, classy, good at cooking, loves humour, charm, motor bikes, trips abroad and tennis, is looking for active and adventurous partner to share interests and fun, possible marriage. 0839 101

Female 39, divorced, warm-hearted, stylish, 2 children and a dog, enjoys classical music, art and having guests, would like to meet sociable, ambitious and caring man to share friendship and romance. 0839 102

5 Listen and make your choice

'Date-line' is an agency which helps people find a partner by means of recorded voices. Listen and after each introduction discuss in small groups which of the four ladies the candidate matches best. Finally compare your results giving reasons.

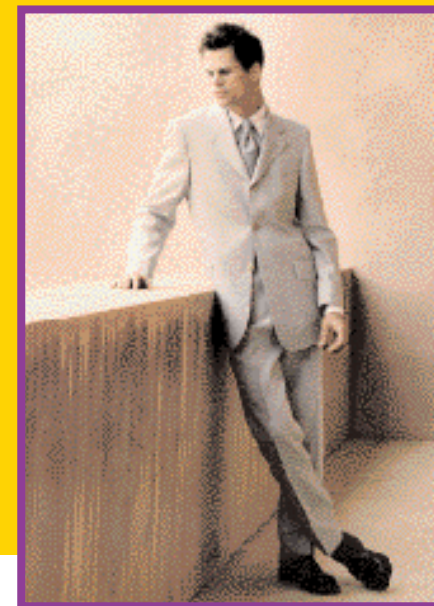
6 Discuss

What do these statements have in common? Which would you consider to be true?

- 1 Some people believe you are what you eat. Others say you are what you wear.
- 2 If you change the outside, it also changes the inside.

7 Read and make your point

Brand names like *Cardin*, *Benetton*, *Adidas*, *Lacoste* and *Boss* are internationally well-known. They stand for good quality and for a good price, too. Work with a partner and tick all the answers that best suit the 'Boss Man'. Compare and discuss your results.



1 What does a 'Boss' suit look like?

- a ☐ like an elegant evening suit
- b ☐ like leisure wear
- c ☐ like a working suit for managers
- d ☐ fashionable

2 Who is the 'Boss' customer?

- a ☐ a good-looking man
- b ☐ a business man
- c ☐ a playboy
- d ☐ a show-off

3 What's the 'Boss' man like?

- a ☐ masculine
- b ☐ successful
- c ☐ common
- d ☐ authoritative
- e ☐ sophisticated
- f ☐ non-smoker
- g ☐ has a good sense of humour
- h ☐ likes sports
- i ☐ intelligent
- k ☐ proud

8 Read and discuss

Compare your answers of the above questionnaire with this text. Do you agree?

'masculinity, authority and success'. The 'Boss' customer is the man who values the look of a designer label. In full-page ads the 'Boss' male always stands (he seldom sits) – proud, elegant, often alone. The 'Boss' man has a strong personality, and he doesn't smoke. His image is of a clean-living person, who plays a little golf or tennis. Rugby would be totally wrong for this brand of male image.

Style is never out of fashion

Do you sometimes look a mess? Do your outfits lead people to think you are colour-blind? Or are you a fashion slave even though fashions don't suit you?

For a number of years now, 'Boss' has been one of the biggest brand names in menswear in Germany and among the top labels in Europe. The brand name, or so the 'Boss' people believe, stands for

You may think that fashion is only for the rich. But it is no secret that the Italian sense of style makes roadsweepers in Rome look as though they have stepped out of an Armani shop window. Is it true that the way we dress reflects personal self-worth and esteem? Many individuals are happy to look a total mess. I wonder why!

9 Discuss and use these expressions

Which of the sayings on the right would you particularly connect with the 'Boss' man? Discuss in small groups. Then share your opinion in more general terms.

In general ...

On the whole ...

By and large ...

As a rule ...

Generally speaking ...

One can say that ...

- 1 A good horse is never of a bad colour.
- 2 A monkey remains a monkey though dressed in silk.
- 3 A smart coat is a good letter of introduction.
- 4 As a man dresses so is he esteemed.
- 5 Every picture tells a story.
- 6 Fine feathers make a fine bird.
- 7 In one country your name, in other countries your appearance.



Language in action

1 Put meaning into words

Read through the list of verbs and think of a situation you were in that matches one of them. Then share your experience with a partner.

- | | |
|-----------------------|----------------------|
| 1 I intended to ... | 6 I hesitated to ... |
| 2 I dared to ... | 7 I forgot to ... |
| 3 I failed to ... | 8 I hoped to ... |
| 4 I was forced to ... | 9 I refused to ... |
| 5 I decided to ... | 10 I arranged to ... |

2 Make your choice

Choose a person you don't particularly like from any picture in this book. In small groups, introduce this person as your neighbour, expressing your anger about his/her general misconduct, like this:

This is my neighbour. He/She is always having parties and is continually making lots of noise. He/She is constantly complaining about his/her health.

3 Write and react

Try to remember a specific happy or exciting moment you experienced sometime in the past. Write down when it was and what you were doing at that very moment. Then, exchange your notes with a partner, who will continue your story in your name. Finally, exchange notes again, read and talk about the results. Here's an example: *It was in September 1994. I was celebrating my 50th birthday with all my friends.*

4 Read and exchange information

Divide the class into two groups. Group A turn to page 75, group B look at page 77. Read your article and in pairs write down four comprehension questions on a slip of paper each. Then sit with a partner from the other group. Exchange your questions and try to answer them using your imagination. Don't correct your partner's answers nor give any hints. At the end, read each other's story.



5 Discuss and write

In small groups choose two of the following headlines. What other information might the article include? Add one or more sentences, using these phrase openings.

While ... As long as ... As soon as ...
Whenever ... By the time ... It was not until ...

As women are trying to find better job satisfaction, men take over new roles.

19-year-old Sue has been travelling around Europe in a wheelchair for three months.

Holidaymakers had been waiting for hours before the planes could finally take off.

Greenpeace people were demonstrating against the transport of nuclear waste.

Prices will continually be rising during the coming year.

6 Share your ideas

Imagine you are sitting at the airport amongst the passengers in the picture, waiting to board the plane which has been delayed for three hours.

With a partner or on your own, write a short poem expressing your situation. What are you doing or thinking about, how are you or some of the people feeling? Here's an example.

*I've been patiently sitting here
for two hours or maybe three.
And I'm watching all the people
who will be boarding the plane with
me.*

*Some of them are reading,
or seem to be doing so.
Their minds are probably wandering –
to the place they're going to go.*