

Teacher's guide

Fitness Routines for a Healthy Life – Intermediate (B1–B2)



Canva Presentation Link: [🌐 Fitness Routines for a Healthy Life](#)

Editable Presentation Link: [🌐 Fitness Routines for a Healthy Life](#)

Editable Worksheet Link: [🌐 Student Worksheet: Fitness Routines for a Healthy Life](#)

Video Link: [🌐 How HIIT could improve your fitness | BBC Global](#)

Warm Up

Part 1. Students discuss the questions about exercise & fitness routines.

Part 2. Students match the fitness routines with their pictures. Encourage students to explain what each routine involves.

Answer Key:

1. Cardio
2. Pilates
3. Strength training
4. HIIT
5. Yoga

Part 3. Students match each word to its correct definition. Encourage students to guess the meaning of the words before looking at the options.

Answer Key:

1. Stamina
2. Optimal
3. Core strength
4. Flexibility
5. Endurance
6. Stabilise
7. Posture
8. Sustain

Part 4. Students fill in the gaps in the sentences. The form of the word will change in some instances.

Answer Key:

1. Posture
2. Sustainability
3. Core strength
4. Flexible
5. Endure
6. Optimise
7. Stable
8. Stamina

Reading activity

Part 1. Students read the text, noticing how the target vocabulary words are used throughout.

Part 2. Students read each statement and decide if it is True or False based on the video.

Answer Key:

1. True
2. False
3. True
4. False
5. True

Part 3. Students discuss the questions.

Video activity

Part 1. Watch the video “How HIIT could improve your fitness” then answer the questions.

Answer key:

1. The main topic of the HIIT text is HIIT and its benefits.
2. Benefits mentioned include improved fitness, increased energy levels, faster calorie burning, and better mitochondrial health.

Part 2. Students read each statement and decide if it is True or False based on the video.

Answer Key:

1. False
2. True
3. True
4. False
5. False

Part 3. Students complete the missing parts of the quotes from the video.

Answer Key:

1. high-intensity interval training
2. mitochondrial
3. intense
4. ghrelin
5. 70s

Video follow-up

Part 1. Students discuss the questions.

Part 2. Students look at the expression from the video and, using the context, try to guess the meaning. Then, students answer the questions using the expressions.

Partial to (meaning: to like or prefer something)

Missing a trick (meaning: failing to take advantage of an opportunity)

Review activity & final thoughts

Part 1. Students use each of the words in a sentence related to fitness routines and what they have learnt in the lesson.

Part 2. Students discuss questions. Answers will vary.