

Fitness Routines for a Healthy Life

Intermediate (B1-B2)



WARM UP

Part 1. Discuss the questions below.

1. What types of exercise do you do regularly?
2. Which type of workout do you find most effective for your goals? Why?
3. Have you ever tried a new fitness routine that surprised you?

Part 2. Match the following fitness routines with their pictures below. Try to explain what each routine involves.

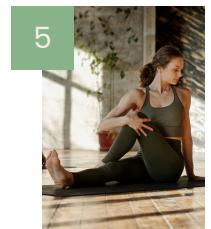
Strength training

Cardio

Pilates

Yoga

HIIT



Part 3. Match each word to its correct definition. Can you guess any before looking at the options?

Optimal

Stamina

Endurance

Flexibility

Core strength

Posture

Stabilise

Sustain

1. The ability to sustain physical effort over time
2. The best or most effective condition
3. Strength in the muscles around your stomach and lower back
4. The ability to move muscles and joints easily
5. The ability to keep going for a long period without getting tired
6. To make something steady and balanced
7. The way you hold your body when sitting or standing
8. To cause or allow something to continue for a period of time

Part 4. Complete the sentences with the correct words. You may need to change the form of some of the words.

1. Sitting at a desk all day can affect your _____, so it's important to sit up straight and take breaks.
2. Walking or cycling instead of driving is good for both your health and environmental _____.
3. Exercises like planks and sit-ups help improve your _____, making everyday movements easier.
4. Yoga is a great way to become more _____ and reduce the risk of injuries.
5. Athletes need to _____ intense training sessions to prepare for competitions.
6. To improve your overall health, it's important to _____ your diet and exercise routine.
7. A strong lower body helps keep you _____ when walking or lifting heavy objects.
8. Running regularly helps improve your _____, making it easier to exercise for longer periods.



READING ACTIVITY

Part 1. Read the following text carefully. Notice how the target vocabulary words are used throughout.

Fitness routines come in many forms, each offering unique benefits for your body. For instance, strength training is designed to build optimal muscle power and improve core strength. This type of exercise not only helps to stabilise your body but also enhances posture, ensuring you have a solid foundation for daily activities.

On the other hand, cardio workouts such as running or cycling are essential for building endurance and stamina. These activities allow you to sustain physical effort over long periods, making them ideal for those looking to boost their overall energy levels.

Meanwhile, yoga and Pilates focus on developing flexibility and strengthening the core. Yoga, with its flowing movements and breathing techniques, not only improves flexibility but also helps to stabilise your mental focus. Pilates emphasises correct posture and builds core strength, which is vital for injury prevention and daily balance.

Finally, HIIT (high-intensity interval training) combines short bursts of intense exercise with recovery periods. This method is excellent for increasing endurance quickly and burning calories efficiently. HIIT routines can provide an optimal workout for those who are short on time yet want to see significant improvements in their fitness levels.

Part 2. Decide if each statement is true (T) or false (F). If false, can you correct it?

1. Strength training helps improve both core strength and posture.
2. Cardio workouts are primarily focused on increasing flexibility.
3. Yoga not only improves flexibility but also helps stabilise mental focus.
4. Pilates emphasises endurance more than core strength.
5. HIIT combines short, intense bursts of exercise with recovery periods.



Part 3. Discuss the questions below.

1. Which fitness routine do you think is most appealing based on the text? Why?
2. How do you feel about mixing different types of workouts (e.g., cardio and strength training)?
3. Can you share an experience where improving one of these aspects (like endurance or flexibility) made a difference in your daily life?

VIDEO ACTIVITY

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

1. What is the main topic of the video?
2. What are some of the benefits mentioned?

Part 2. Watch the video again and decide if each statement is true (T) or false (F). If false, can you correct it?

1. The speaker prefers HIIT over running.
2. HIIT workouts can help increase energy levels.
3. A study showed that cycling three times a week for three months increased muscle mass.
4. HIIT workouts lower mitochondrial function.
5. The government recommends HIIT for everyone.

Part 3. Complete the missing parts of the quotes from the video.

1. HIIT stands for _____.
2. A study found that HIIT can increase _____ activity, which helps our cells produce energy.
3. Short bursts of _____ exercise are more effective for weight loss than longer, lower-intensity workouts.
4. HIIT training can help reduce _____, a hormone that makes us feel hungry.
5. People in their _____ who did HIIT twice a week had a lower risk of death.

VIDEO FOLLOW-UP

Part 1. Share your thoughts on the video using the questions below.

1. Have you ever tried HIIT or a similar high-intensity workout? How did it feel?
2. Would you recommend HIIT to a friend? Why or why not?
3. Do you think short, intense workouts are better than long, steady workouts?

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

"I'm **partial to** running to keep fit; it's steady and easy to do, but I may be **missing a trick**."

1. Some people are **partial to** unhealthy foods even when they know they aren't good for them. Why do you think this happens, and how can people make healthier choices?
2. Think of a time when you realised you had been **missing a trick** by not doing something sooner. What was it, and how did it change your perspective?

REVIEW ACTIVITY & FINAL THOUGHTS

Part 1. Use each of the words in a sentence related to fitness routines. Try to make your sentences as creative as possible!

Optimal	Stamina	Endurance	Flexibility
Core strength	Posture	Stabilise	Sustain

Part 2. Discuss the questions below to reflect on what you've learnt during the lesson.

1. After learning about different fitness routines, do you think you will change your current workout habits? Why or why not?
2. HIIT has been linked to improved stamina, weight loss, and increased energy levels. Do you think it would be a good fit for your lifestyle? Why?
3. Some people believe yoga and Pilates are just as beneficial for overall health as more intense workouts like HIIT and strength training. Do you agree or disagree? Why?
4. If you had to summarise today's lesson in one sentence, what would it be?
5. What's your biggest takeaway from this lesson?