

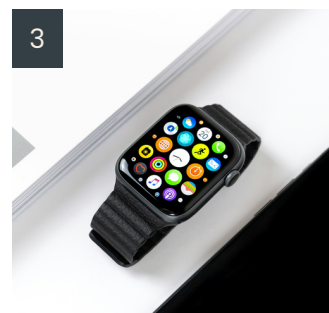
Wellness Wearables

Upper Intermediate (B2-C1)



WARM-UP

Part 1. Take a look at the pictures of different fitness trackers. What do you know about them?



1. Have you ever used a fitness tracker? What for?
2. Which one do you think looks the best? Which would you never wear?
3. What kind of health data would you like to track (if any)?
4. Do you think these gadgets are helpful, or are we becoming too obsessed?



Part 2. Read the statements below and decide if you agree (A), disagree (D), or partially agree (P). Then, explain your reasoning.

1. You don't really need a fitness tracker to be healthy. ____
2. Tracking your sleep every night does more harm than good. ____
3. Most people don't understand the data their smartwatch gives them. ____
4. The 10,000-step target is a good goal for everyone. ____
5. Fitness trackers are motivating. ____
6. Tracking too much data can actually make people feel worse. ____

Part 3. Look at the list of things fitness trackers or other devices can monitor. Do we really need to track all of these?

Step count	Calories burnt	Resting heart rate	Sleep quality
Reminders to move	Blood oxygen levels	Food tracking	Weighing yourself

Discuss:

1. Which of these are helpful?
2. Which ones might be unnecessary or even stressful?

VIDEO ACTIVITY

Part 1. Before watching the video, discuss the following questions.

1. If you wore a fitness tracker 24 hours a day for a week, what do you think it would reveal?
2. What do you think someone might learn from using fitness trackers for over 10 years?

Part 2. Watch the video and then answer the question.

What is the speaker's main message?

- ☐ Trackers are essential
- ☐ Trackers are useful for athletes only
- ☐ Most people don't really need a tracker
- ☐ Everyone should track everything

Part 3. Watch the video again and discuss the following questions.

1. What does the speaker think are the only three things you really need to track to get in shape?
2. What does he say about step count goals?
3. What are his tips for tracking food without too much effort?
4. What's his opinion on sleep tracking, and why?
5. Do you think this advice would work for you?

Part 4. The speaker says some pretty honest things! Read each quote and share your thoughts.

1. "Over the past decade, I've worn my fair share of fitness trackers, and you know what I've learnt? You don't really need them."
2. "The average person probably doesn't need daily updates on things like their blood oxygen levels, and is probably only after things like daily step count, calories burned, and sleep tracking."
3. "You don't need a tracker to count your steps, as we all have a tracker glued to us 24/7 – our phone."
4. "Monitoring how many calories we're burning during our Buns and Guns class is irrelevant if we don't know how many calories we're consuming."
5. "If you're serious about losing weight, you're going to have to start tracking your food."
6. "I think tracking your sleep does more damage than good."
7. "We can all tell how good our sleep is by how good we feel in the morning."

Part 5. How do you think the speaker views fitness trackers? Use the words below to describe his overall attitude. Choose 2–3 (or your own words) and explain.

Sceptical

Enthusiastic

Balanced

Frustrated

Humorous

Informative

Critical

Curious

VIDEO FOLLOW-UP

Part 1. Let's imagine you could track anything in your life...

Hours of happiness	Caffeine levels	Time spent on TikTok	Energy score
Hours of being present	Motivation meter	Steps to the fridge	Positive/negative thoughts

Discuss:

1. Which of these would be most useful to track?
2. Which one would you probably get obsessed over?
3. If you could invent your own wellness tracker, what would it measure?

Part 2. What do the expressions in bold below mean? Read the sentences and explain the meaning in your own words.

1. "If your goal is to **drop a few pounds** and **get into shape**, these are all the metrics that you need."
2. "We all have a tracker **glued to us 24/7** – our phone."
3. "When you're **plating up** your food..."
4. "I'll **jot down** that number into my notes..."
5. "**Don't get me wrong**, fitness trackers definitely **have their place**."

Part 3. Discuss the following questions.

1. Have you ever, or do you know someone that has **dropped a few pounds** or **got into shape**? What worked for you or them?
2. Is your phone **glued to you 24/7**? What would happen if you lost it?
3. What do you usually **plate up** for lunch or dinner?
4. What do you like to **jot down** and keep track of?
5. Has anyone ever said "**Don't get me wrong...**" to you before? What were they trying to say?
6. Do you think that fitness trackers **have their place**?

FINAL THOUGHTS....

Discuss the following questions.

1. Do you think you'll use a fitness tracker in the future? Why or why not?
2. What's one thing you'd like to track to improve your health or happiness?
3. If you had to give advice to someone about fitness trackers, what would it be?