

Asking for and Giving Advice about Exercise

Pre-Intermediate (A2-B1)



WARM-UP DISCUSSION

Part 1. Discuss the following questions.

1. How active are you each week?
2. What kind of exercise do you actually enjoy?
3. Who do you usually get fitness advice from — a friend, YouTube, or no one?

Part 2. Choose the option that feels more like you and explain why.

1. 🏋️ Gym or 🌳 Outdoors?
2. 🌅 Morning workout or 🌙 Evening session?
3. 🎧 Music or 🤫 Silence while exercising?
4. 🐯 With friends or 💪 Alone?
5. 🏃 Running or 🚴 Cycling?
6. 💦 Intense sweat session or 😊 Light stretching?
7. 📱 Fitness app or 💬 Personal trainer?
8. 🍏 Strict plan or 🍰 Balance and flexibility?



VOCABULARY & SPEAKING

Part 1. Match the words with their meanings.

Stretch	Warm up	Cool down
Rest day	Injury	Yoga

1. _____ Move your body to make your muscles longer before or after exercise
2. _____ Relax after exercise so your body returns to normal
3. _____ Prepare your body before doing exercise
4. _____ A form of exercise that focuses on breathing and flexibility
5. _____ A day when you don't exercise so your body can recover
6. _____ When a part of your body is hurt

Part 2. Discuss the following questions.

1. Which of these do you do, and which do you skip?
2. Have you ever had an injury from exercising?

Part 3. Here are some natural ways to ask for and give advice.

Asking for advice	Giving advice
What do you think I should do?	You should/shouldn't
Could you give me some advice about...?	How about...?
Should I...?	You could try...
What would you do if...?	You ought to...
	If I were you, I'd...

Discuss:

- What's the difference between giving advice and telling someone what to do?

Part 4. Read and underline all the advice phrases you can find.

A (Emma): I've been feeling really tired lately, but I still want to exercise more. What do you think I should do?

B (Tom): Hmm, maybe start slowly. You should focus on shorter workouts first.

A: Yeah, that makes sense. Could you give me some advice about staying motivated? I always lose interest after a few weeks.

B: How about finding a friend to work out with? It's easier to stay consistent that way.

A: That's a good idea. Should I try going to the gym again, or just exercise at home?

B: If I were you, I'd start at home — it's easier to build a habit. Once you feel ready, you could try the gym again.

A: True. I used to go every morning before work, but now I can't find the time. What would you do if you were too busy?

B: You ought to fit in shorter sessions — even 20 minutes is better than nothing.

A: Thanks! I'll do that. Maybe yoga on my rest days, too.

Part 5. Complete each gap using the phrases below.

Should

Shouldn't

Could

How about

Ought to

1. I feel tired after every gym session. You _____ take a rest day.
2. I'm thinking about trying yoga. You _____ try an online class first.
3. _____ going to the gym with a friend?
4. I always forget to stretch. You _____ warm up before every workout.
5. My legs hurt after running. You _____ run every day.

Discuss:

- Which of these pieces of advice do you agree with most?



Part 6. Read the situations below. Take turns giving and receiving advice. Use at least two of the advice phrases from earlier.

1. You've been sitting all day and feel stiff.
2. You want to get fit but hate gyms.
3. You injured your knee last month.
4. You want to start yoga but don't know how.
5. You exercise too much and feel tired.

Part 7. Read each sentence and decide whether it's Good Advice ✓ or Bad Advice ✗. Then explain why.

1. You should skip rest days to get stronger.
2. You could stretch before bed.
3. How about exercising when you're sick?
4. You shouldn't compare yourself to others.
5. You could walk or cycle instead of driving.

Discuss:

- Which ones do people often follow, even if they shouldn't?

REFLECTION

Think about a friend who wants to start exercising.

Write or say three to five sentences of advice using at least three phrases from today's lesson.

