

Language summary

VOCABULARY

Nouns

Sports and fitness activities

baseball
basketball
bike riding
bowling
football
golf
ice hockey
jogging
martial arts
Pilates
running
soccer
swimming
tennis
volleyball
walking
weight training/lifting
yoga

Other

athlete
couch potato
country
energy
fitness
fitness freak
free time
fundraiser
gym
gym rat
junk food
serving (= portion of food)
sports nut
talent
teen (= teenager)
tip
treadmill
vitamin

Pronoun

nothing

Adjectives

active
average
fit
good at (something)
healthy
middle-aged
real
regular
tired

Verbs

chat
do (yoga/card tricks)
eat
exercise
keep (fit)
lift weights
play (a sport)
relax
sing
spend (time)
work out

Adverbs

Frequency

almost always
almost never
always
every . . .
hardly ever
never
not very often/much
often
once a . . .
sometimes
three times a . . .
twice a . . .
usually

Other

sometime
well

Prepositions

in (my free time/great shape)
like (that)

EXPRESSIONS

Talking about routines

How often do you . . . ?

Every . . .

Once/ Twice/ Three times a . . .

Not very often.

Do you ever . . . ?

Yes, I often/sometimes . . .

No, I never/hardly ever . . .

How long do you spend . . . ?

Thirty minutes a day./Two hours a week.

Talking about abilities

How well do you . . . ?

Pretty well.

About average.

Not very well.

How good are you at . . . ?

Pretty good./OK.

Not so good.

Asking for more information

What else . . . ?

Expressing surprise/disbelief

Seriously?

Agreeing

All right.

No problem.