

9.2 Going back to nature

GOALS ■ Talk about health and fitness ■ Use present tenses in future time clauses

Vocabulary & Reading health and fitness

- 1 Work with a partner and discuss the questions.
 - 1 What do you do to keep fit and healthy?
 - 2 Do you enjoy doing physical exercise? Why/Why not?
- 2a You are going to read an article. Look at the title and the picture. What do you think the article will be about?
 - b Now read the article and check your predictions.
- 3 Discuss these questions with a partner.
 - 1 Have you heard about Paleo before?
 - 2 What do you think about it?
- 4a Put the words in **bold** in the article into one of the four groups.

1 eating	3 being ill
2 doing/not doing exercise	4 mental health

 - b Complete the sentences with the words in exercise 4a.
 - 1 In today's world of escalators and cars we are not as _____ as we were before.
 - 2 I would like to have a healthier _____ and eat more _____, but I love _____.
 - 3 Swimming is a great way to improve your _____.
 - 4 If I don't get enough sunlight, I feel a bit _____.
 - 5 Last winter she had a long _____.
 - 6 After work, I like to _____ in front of the TV.

PRONUNCIATION eat and bread

- 5a 9.1))) You can pronounce 'ea' in different ways. Listen to these two words.

/i:/	/e/
eat	bread

- b 9.2))) Write the words in the box in the correct place in the table. Then listen and check your answers.

disease health meat instead easy weather already

- c 9.3))) Listen and repeat the words.

- 6 Work in a group and compare your lifestyles to the Palaeolithic lifestyle. Whose lifestyle is most/least like the Palaeolithic lifestyle?



Going back to nature

The Paleo movement is a recent trend in health and **fitness**. Followers of Paleo believe that if we eat and exercise like people from Palaeolithic times, 40,000 years ago, we will be fitter, healthier and happier. Many of today's **diseases**, like diabetes and **cancer**, exist as a result of our modern **diet** and lifestyle. Prehistoric people didn't get these **illnesses**. Instead they died from things like viruses or old age.

How to 'go paleo'

- Eat only **natural food** like meat, vegetables and fruit. Avoid food that wasn't around in Palaeolithic times. So no potatoes or bread, and definitely no **junk food**, like crisps.
- Be **active**. But make time to **relax**, too. Prehistoric people had to save energy.
- Do plenty of **gentle exercise** like walking, **cycling** and swimming. Only do intense activity like **weight-lifting** and fast running occasionally.
- Do 'natural movements' (such as throwing, carrying, catching) which use the whole body.
- Reduce your **stress** levels. Don't spend too much time at work.
- Spend time in the sun so you get enough vitamin D. Lack of this can make you **depressed**.

Grammar & Listening present tenses in future time clauses

- 7 Read the advert. What is MovNat and how is it different from going to a gym? Would you like to do a fitness course like this? Why/Why not?



MovNat™ – moving naturally – the new way to get fit

- We practise whole body movements: running, jumping, climbing, crawling, balancing, catching, carrying
- Focus on useful physical skills: carrying heavy weights without hurting your back, landing safely after a fall
- Enjoy being in the open air
- We offer MovNat courses all around the world

Find a course near you | Contact us

- 8a 9.4 Listen to a woman enquiring about a MovNat course. Tick (✓) the things she wants to know about.

- Cost?
- Level of fitness?
- What happens in bad weather?
- Dates?
- Book in advance?
- What to bring?

- b Compare your answers with a partner. Can you remember the answers to the questions?

- 9a Match the two halves of these sentences.

- | | |
|---|--|
| 1 Do I need to go to the gym | a the instructor will assess your fitness level. |
| 2 When you arrive | b the experience will be even more exciting! |
| 3 What will happen | c before you come. |
| 4 If it's raining or snowing, | d before I begin the course? |
| 5 You'll definitely need to reserve a place | e as soon as I know. |
| 6 I'll get back to you | f if it rains or snows? |

- b 9.4 Listen again and check your answers.

- 10 Work with a partner. Look at the sentences from the listening and answer the questions.
- a When you arrive, the instructor will assess your fitness level.
 - b If it's raining or snowing, the experience will be even more exciting!
 - c I'll get back to you as soon as I know.
- 1 Do the sentences refer to present or future time?
 - 2 What tense is used after time words *when*, *if* and *as soon as*?
 - 3 What tense is used in the rest of the sentence?
- 11 Read the Grammar focus box and choose the correct option to complete the rules.

GRAMMAR FOCUS present tenses in future time clauses

- We use ¹ **present / future** tenses to talk about the future after *when*, *if*, *as soon as*, *before* and *after*.
You will need to book a place before you come.
NOT ... ~~before you will come~~
- We use ² **if / when** when we are not sure something will happen. We use ³ **if / when** when we are sure. We use ⁴ **when / as soon as** to show that one thing will happen immediately after another.
If it rains, they won't cancel the course.
When the course finishes, we'll feel exhausted.

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- 12 Complete the conversations with the correct form (present simple or *will*) of the verbs in brackets.
- 1 A Come on. Let's book this course before I _____ (change) my mind about it.
B I promise you, you _____ (enjoy) it when you _____ (get) there.
 - 2 A Do you think we _____ (do) warm-up exercises before we _____ (start)?
B Definitely. If we _____ (not do) any, our muscles _____ (hurt) later.
 - 3 A I like this Paleo Diet. I think I _____ (continue) with it after the course _____ (finish).
B I'm bored with it. As soon as I _____ (leave) here, I'm going to have a big plate of chips.
- 13 **TASK** Complete the sentences and make them true for you. Then discuss your answers in a group.
- 1 Before I get too old ...
 - 2 ... when I get some free time.
 - 3 If I earn enough money ...
 - 4 As soon as this lesson ends ...
 - 5 I'll feel ... when ...
 - 6 I ... as soon as ...