

Lesson 47: At a Gym

By Xandra

1. Dialogue

First, repeat after your tutor. Then, practice each role.

George, the fitness trainer: Keiko, it's been a month since you started your gym exercises.

Let's check your weight.

Keiko: (looking scared) Oh, okay. (steps on the weighing scale) Have I lost weight?

George: Oh, Keiko. I'm afraid you didn't lose anything. In fact, you've actually gained 3 pounds.

Keiko: Oh my. Why should I exercise hard if I'm just going to get fatter?

George: It could only mean one thing. You haven't been following the diet I gave you.

Keiko: The truth is, I get so hungry after my workout. I can't control myself during meal times.

George: Hmm, that explains it. From now on, you're going to have to **stick to** your nutritional program.

Keiko: Okay, I promise. But can I reward myself today with a chocolate bar? Just one last time, please?

George: No, you can't. One bar of those sugar-filled chocolate is equal to an hour on the treadmill.

Keiko: Oh... I guess you should have this chocolate then. I hope it lightens up your mood.

2. Today's Phrase

First, repeat after your tutor. Then, make a few sentences using Today's phrase.

1. The players were advised to **stick to** the rules of the game.
2. A: I'm going to McDonald's. Would you like anything? B: Nah. I'm **sticking to** my diet.
3. A: Can we stop by the supermarket? B: No, we can't. We have a lot of things to do so let's just **stick to** the schedule.

* stick to ... /...にくっつく、忠実である、やり通す

3. Your Task

You are a gym instructor. One of the gym members has come to you for advice. He/She (=your tutor) would like to lose ten pounds and develop some muscles. As a fitness expert, tell him/her the kinds of exercise and some outdoor activities to help him/her lose weight. Add some information about dieting too.

4. Let's Talk

Are you a healthy person? How often do you exercise?

Do you hold a gym membership? Why or why not?

5. Today's photo

Describe the photo in your words as precisely as possible.



Image courtesy of Ambro / FreeDigitalPhotos.net