

Lesson 76: Sports/ Exercises

By Xandra

1. Dialogue

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

Benjie: Are you joining the triathlon in August?

Toru: I will. I have to train for it, though. I'm **out of shape**. What about you?

Benjie: Some of my friends and I are preparing for it. We were able to hire a coach. You can join us if you want.

Toru: I'd love to join. What's the training schedule?

Benjie: We train every day at the crack of dawn. If everything goes well, we're done at 8:00AM. Is that a good schedule for you?

Toru: Why, it is. I have to be at work at 9:00AM but I can manage that. Where do we meet?

Benjie: Meet us at the sports complex for the swimming drills at around 5:30AM.

Toru: Cool. It's not far from my house. I'll ride my bike to the complex tomorrow.

Benjie: Don't forget to bring lots of water, your swimming trunks, and a towel.

Toru: Thanks, buddy. I'll bring an extra energy bar for you. See you tomorrow.

2. Today's Phrase

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

1. Keisuke Honda did not play well in tonight's game. He seems to be **out of shape**.
2. Old age shouldn't be a reason for the body to go **out of shape**.
3. I haven't run in months. I'm pretty **out of shape**.

* out of shape / 体調が良くない、(機械などの)状態が悪い

3. Your Task

You are a famous fitness instructor in Japan. A TV program has invited you to speak about the importance of exercise. Give a short talk about exercise to encourage the Japanese people to stay fit.

4. Let's Talk

What kind of sport are you engaged in?

How often do you exercise? Which do you

prefer: doing exercises in a fitness gym

or doing outdoor sports? Explain your answer.

5. Today's photo

Describe the photo in your words as precisely as possible.



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