

Title	Staying fit	Level: lower
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Text:	<p>Rina spends 30-40 minutes every day exercising.</p> <p>She does exercises to maintain her stomach muscles and legs, which helps her running. She goes running 2-3 times a week.</p> <p>One exercise she does for her stomach is the plank. Do you know it? To do it, you need to lay flat on the floor, then lift your body to rest on your forearms and toes, while keeping your body flat. Can you do it?</p> <p>Can you guess how long the world record is for doing that exercise?  <a href="#">Click here to find out.</a></p> <p>When I go to the gym, I concentrate on strengthening my stomach and arms. I sometimes do running, but I rarely use the exercise bike because I cycle to the gym up and down a big hill!</p>
Discussion:	<p>How often do you do exercise? How long do you do exercise each time?  Do you do exercise at home, outside or in a gym?</p>
Words and usage:	<p>1, 30-40 minutes  We write '30-40' meaning between 30 and 40 minutes because we don't know exactly how many minutes. We say "30 to 40", but the 'to' is a very weak sound, like 't'.</p> <p>2, 2-3 times  We say "2 or 3 times" to say it could be either exact number.</p> <p>3, 'Sometimes', 'rarely'.....  These words are <b>adverbs of frequency</b>, which we use to give an impression of how often things happen. You can say them with a time point (for example, in the mornings, on Saturdays).</p>
Practice idea:	<p>Write a 30-minute exercise programme for yourself, including the name of the exercise and the number of times you repeat it.</p>
Resources:	<p><a href="http://www.oxfordlearnersdictionaries.com">Oxford Dictionaries. http://www.oxfordlearnersdictionaries.com</a>  <a href="https://learnenglish.britishcouncil.org">The British Council website. https://learnenglish.britishcouncil.org</a></p>
Listening link:	<p><a href="#">Staying fit</a></p> 
Quiz Me! Conversation card:	<p><b>Card number B5 below is from Starter pack 1, available at <a href="http://englishbooks.jp">englishbooks.jp</a>, <a href="#">Amazon</a> and <a href="#">Rakuten</a></b></p>

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**How often  
do you do exercise?**

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