

Getting Fit

Introduction



The worksheets in this chapter are based on the following areas:

- reading notices,
- alphabetical order,
- scanning,
- making phone calls, and
- using dictionaries.

For help with the worksheets, you can:

- call the NALA Freephone support line at 1800 20 20 65 on Monday to Friday between 10am and 4pm, or
- check out the Really Useful Guide to Words and Numbers Web site on www.rug.ie

Reading: notices

Out of breath when you run for the bus?

Yes? Then you need to get some physical exercise.

Why? For many people, when you exercise, you have fewer aches and pains.

How much exercise? You should exercise for about 30 minutes a day for 5 days a week.

What sort of exercise?

Any exercise that makes your heart beat faster and has you a little out of breath is good for you. Try walking fast, swimming, cycling, jogging or dancing. Almost any type of exercise will help you keep fit. Even weeding the garden or doing some housework is exercise. These will make your heart beat faster. Remember, you do not have to do all the exercise at once. Try 10 minutes' housework, a 10 minute brisk walk or even 10 minutes' weeding.

Stay healthy – get active

Reading: notices

Read the notice on page 22, and then put a tick ✓ beside each statement below to indicate if you think it's true or false. The first is done for you.

| | True | False |
|--|-------------------------------------|--------------------------|
| 1. If you're healthy and you get easily out of breath, you should get some exercise. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 2. When you exercise, you will have fewer aches and pains. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. You need to exercise every day. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. You can only get fit by joining a gym. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. To be a little out of breath from exercise is good. | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Almost any type of exercise is good for you. | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Weeding the garden will make your heart beat faster. | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Housework can also be seen as exercise. | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. You must do all your exercise at once. | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. If you're healthy, dancing is bad for your heart. | <input type="checkbox"/> | <input type="checkbox"/> |

Reading: alphabetical order - letters

There are 26 letters in the alphabet.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

a b c d e f g h i j k l m n o p q r s t u v w x y z

You read the alphabet from left to right, so the first letter is A and the last letter is Z. This is known as alphabetical order.

See if you can put these letters in alphabetical order.

1. p g h k e

2. f t a w x

3. h y o p a

4. z m o d a

5. r u b t z

Now write your name on the line below.

See if you can put the letters in your name in alphabetical order.

For example the name PATRICK would look like this:

A C I K P R T

Reading: alphabetical order - words

When you arrange words in alphabetical order, you need to look at the first letter in each word.

So the word 'ball' comes before the word 'exercise' because the 'b' at the beginning of 'ball' comes before the 'e' at the beginning of 'exercise'.

See if you can put the following words in alphabetical order.

exercise walking dancing cycling music

1. _____

2. _____

3. _____

4. _____

5. _____

TIP: Use the alphabet on page 24 to help you if you get stuck.

Reading: alphabetical order - words

When the first letter is the same in each word, you use the second letter in the word to arrange them in alphabetical order.

For example, look at these three words:

weight **w**hen **w**alk

When you arrange them in alphabetical order, they become

walk
weight
when

See if you can put the words below into alphabetical order:

The first one is done for you.

| | | | | |
|----|-----------|----------|---------|------------------|
| 1. | housework | heart | have | <u>have</u> |
| | | | | <u>heart</u> |
| | | | | <u>housework</u> |
| | | | | _____ |
| 2. | bus | breath | benefit | _____ |
| | | | | _____ |
| | | | | _____ |
| 3. | energy | exercise | even | _____ |
| | | | | _____ |
| | | | | _____ |
| 4. | drink | drive | dance | _____ |
| | | | | _____ |
| | | | | _____ |
| 5. | cycle | circle | centre | _____ |
| | | | | _____ |

Reading: notices

Scanning is a fast reading method used when you are looking for particular information. When you scan a page, you do not read every word. You quickly look for clues such as **headings** or **key words** to help you find the information you need.

Scan the programme on the page 28 and answer the following questions:

1 What time does the gym open at the weekend?

2 If you want to learn how to salsa, what night should you attend?

3 How much is gym membership for six months?

4 Where do you get an application form?

5 Name one thing membership includes when you join.

Reading: notices

Gym membership

12 months €300
6 months €230
3 months €170

Opening hours

Monday – Friday
7:00am – 10:00pm
Saturday 9:00 1:00pm
+
Sunday

How to contact us

Tel: (01) 555 1111
Fax: (01) 555 2222
Email: info@dcg.ie

Membership includes:

A beginner's class to help orientate you with our equipment.
A personal fitness assessment with our professional staff.
A personal exercise programme designed especially for you.

Extras sessions include

Yoga

Monday
7:00-9:00 pm
Cost per class
€10 or €90 for
10 classes

Salsa Dance Class

Beginners
Tuesday 7:30-9:00pm
Intermediate
Thursday 7:30-9:00pm
Cost per class €15

Pilates

Beginners
Wednesday
7:00-8:00 pm
Intermediate
Wednesday
8:30-9:30 pm
Cost per class €15

Application forms available from Reception Desk

Speaking: making phone calls

You will often have to make a phone call to find out information. For example, you may want to call the gym to find out about classes, or to check opening hours. Planning what you're going to ask before you call is a good idea. Here are some tips on making phone calls.

1. Before you make the call have all your questions at hand.
2. Choose a time to use the phone when you know you will not be disturbed.
3. Give your name and the reason for the call.
4. Write down everything you want to say just in case you are put through to an answering machine.
5. Remember to leave your name and phone number.
6. Speak slowly when leaving details on an answering machine.

Look at the conversation on the following page that took place when Mary called her local community centre to find out about their yoga classes.

Speaking: calling for information

See if you can fill in the blanks using the words from the box.

How many people Can I have I'd like to Is there
How much Can you check What do you need What nights

- Receptionist:** Hello, Trim Community Centre.
- Mary:** Oh hello. _____ find out more about your yoga classes.
- Receptionist:** Yes, _____ to know?
- Mary:** _____ are they on? And _____ do they cost?
- Receptionist:** They're on every Tuesday and Thursday night, from 7 to 8 pm. And they cost €10 per class.
- Mary:** I see. _____ are in the class?
- Receptionist:** We have a maximum of 16 people per class.
- Mary:** That's good. _____ any room left in the Tuesday night class?
- Receptionist:** No, that one is full. But I think we have a space in the Thursday night class.
- Mary:** I'll have to check if I can get a babysitter. _____ out if there's space and call me back?
- Receptionist:** Sure. _____ your name and phone number?
- Mary:** It's Mary Flanagan and my mobile number is 086 6075843.
- Receptionist:** Okay, Mary Flanagan, 086 6075843. I'll call you back in the next hour.
- Mary:** That's great. Thank you.

Spelling: using dictionaries

Sometimes you will come across words you don't understand. One way of finding out the meaning of new words is to use a dictionary. All words in dictionaries are arranged in alphabetical order to make it easy to find them.

However, sometimes words will have more than one meaning. For example the word '**programme**' has three meanings:

1. A planned series of events
2. A radio or television broadcast
3. Software instructions to control the operation of a computer

In this case, you'll have to decide which meaning is the one you want. To do this, look at where you saw the word and see which meaning makes most sense.

**The words below were all taken from a brochure for a gym.
Use a dictionary to find their correct meaning.**

1. subscription _____
2. premium _____
3. orientation _____
4. studio _____

Call my bluff

Practise using a dictionary by playing a game of 'Call My Bluff'.

Try to guess the meaning of each word below. Then use a dictionary to see if you were right.

- 1. Mollify** **Does it mean....**
 - A. to praise somebody?
 - B. to pamper somebody?
 - C. to calm down?

- 2. Beluga** **Is it...**
 - A. the name of a country?
 - B. a piece of material?
 - C. a small whale?

- 3. Zenith** **Is it...**
 - A. a religious song?
 - B. heavy physical work?
 - C. the point in the sky above our heads?

- 4. Perplex** **Does it mean to...**
 - A. make somebody feel confused?
 - B. sweat heavily?
 - C. eat plastic?