



Derek is a very active and outgoing young man.

He **does sports** on a regular basis: he **goes jogging** 3 or 4 times **a week** and **works out** at a health club **to keep fit**. Derek is also **fond of hiking** in the wild. He enjoys being **outdoors**.

As a result of his healthy life style, Derek's **immune system** works perfectly. He hardly ever has **a cold** or a virus. No wonder, he looks very attractive with his **well-trained body** and iron **muscles**.

The boy is always **in high spirits**; he is full of energy which makes him successful and productive in his professional and intellectual activities. Derek is an organized and optimistic person.

QUESTIONS

Which highlighted Derek's characteristics are true as far as you are concerned? Which are not? As a result of what?

Which sports are you fond of?

How do you understand the following words and expressions:
organized, successful, optimistic, productive, well-trained?

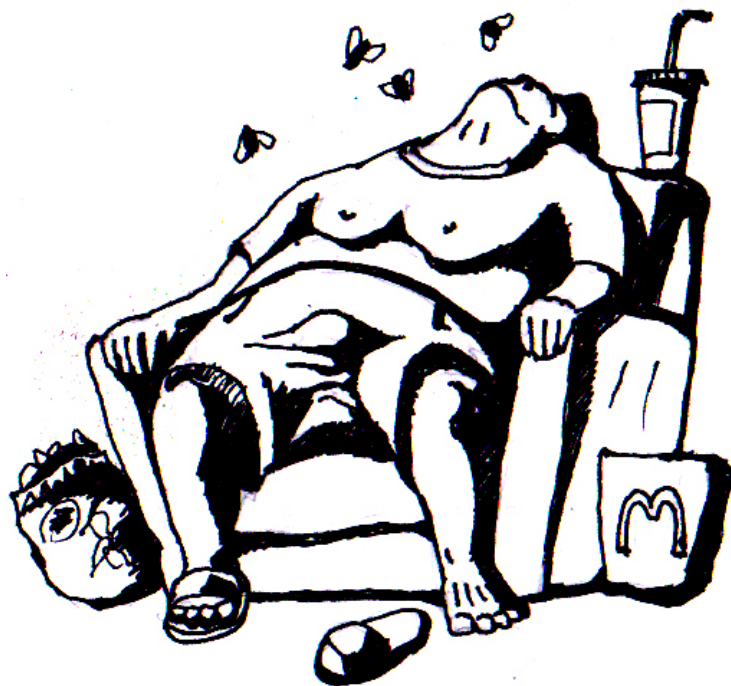
Are you or any of your acquaintances organized? successful?
optimistic? well-trained?

When are you full of energy most: in the morning or in the evening?
At the beginning of the week or at the weekend?

Which of the highlighted activities do you do on a regular basis and
which do you hardly ever do?

Tell about Derek, his lifestyle and bright personality.

video link: <https://www.youtube.com/watch?v=5T1hTclMmbQ>



Larry is fond of junk food so much that one could say Larry is really addicted to it. His other addiction is digital devices and multimedia.

Larry doesn't get enough exercise. He hardly ever leaves his flat. In fact, he spends his whole life indoors playing computer games and surfing the net. He is up all night, he doesn't get enough rest. He is unfit, inactive and sleepy all the time. His face looks like a potato.

As a result, Larry is usually depressed and can't think straight. He is also a slovenly person.

No wonder, Larry has got a weak heart and he is overweight. At his young age he's got high blood pressure.

He dropped out of college. He can't find a job because he can't make himself get up on time.

QUESTIONS

Which highlighted Larry's characteristics are true as far as you are concerned? Which are not? As a result of what?

Is there anything you are addicted to?

How do you understand the following words and expressions:
overweight, unfit, depressed?

Are you or any of your acquaintance overweight? unfit? depressed?
sleepy all the time?

Tell about Larry, his lifestyle, habits and illnesses.

video link: <https://www.youtube.com/watch?v=BrX5u6s2y1U>

FURTHER SPEECH PRACTICE

goes jogging organized sleepy addicted to
high blood pressure productive to keep fit.
in high spirits. hardly ever has a cold dropped out of college.
a weak heart is fond of junk food works out iron muscles
optimistic full of energy hardly ever leaves his flat
well-trained body can't make himself get up on time
depressed successful overweight attractive unfit
doesn't get enough exercise slovenly does sports
is up all night, indoors

1. Read the expressions. Choose which of them refer to Derek and which of them refer to Larry. Which of them refer to you?
2. Tell about your way of life, habits and personality.
3. Look at Debora and Kimberly. What can you tell about each of them judging by their looks?



Debora



Kimberly

Do you have friends who are in some way like Debora or Kimberly?

4. Say a few facts starting with the words 'As a result of...' and 'No wonder'...