

UOW College Hong Kong / Community College of City University
Student English Enhancement Unit (SEE U)
Daily English Practice

Week 1

#53 How to balance exercise and nutrition to improve your fitness, health, and lifestyle

Skills/ Objectives: Reading

PART 1: Before you read...

Preparatory questions

1. How can we improve our fitness level?

Vocabulary

1. put something into perspective (phrase): to compare something to others
2. adjust (verb): to make changes
3. Sugary (adjective): containing sugar
4. Cardiovascular (adjective): relating to heart and blood vessels in human bodies
5. Break down something (verb): to divide something in a smaller part

PART 2: Article

This article discusses how people can improve their fitness level.

How to balance exercise and nutrition to improve your fitness, health, and lifestyle (click the link read the article)

<https://yp.scmp.com/go-to-gurus/advice/article/110430/how-balance-exercise-and-nutrition-improve-your-fitness-health-and>

(Source: Young Post)

PART 3: Let's discuss

What did you learn from the article? Can we improve our fitness level through only exercising or eating healthy? What is the main idea of this article?

PART 4: Learn further

On the Job: as a personal trainer - we discover that getting people healthy and into shape takes more than just working out

In this article, Mike Wong, shares about what he does as a personal fitness trainer.

<https://yp.scmp.com/go-to-gurus/careers/article/109761/job-personal-trainer-we-discover-getting-people-healthy-and-shape>