

ODI 2 P 4

Session 7

What things do you do to stay fit?

(Every day, Every other day, Every now and then)



Exercise **regularly**

Regularly:
Doing something at the same time or in the same way often.



Diet: The food you eat every day.

Have a healthy **diet**

★ 7-8 hours ★



Get **enough** sleep.

Enough:
As much as you need



Junk food:
unhealthy food, snacks and candies.

Stay away from **junk food**.

Past form of these moves



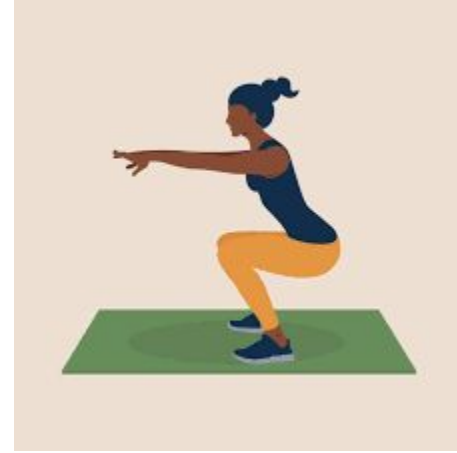
Twisted your
body



You were out / I was out



Turned
around



Bent your
knees

Next session is mid-exam

- Study benefits of exercise (session 1 PDF)
- Study different fields of sports (session 2 PDF)
- Study What happens when you do not exercise (session 3 PDF)
- Study how to talk about routines in present tense (session 3 PDF)
- Study speaking questions (session 4 PDF)
- Study how to talk about how did you exercise last time in past tense (session 4 PDF)
- Study using **on, in, at** (session 4 PDF)
- Study how to write a letter (session 5 PDF)
- Study how to be a good team player (session 5 PDF)
- Study how to ask questions in the past (session 6 PDF)
- Study how to stay fit (session 7 PDF) (this PDF)
- Study book's unit 7