

9B | Body moving

SPEAKING & READING

1 Work in pairs. Ask and answer the questions.

HEALTH ARE YOU SITTING COMFORTABLY?

- Are you sitting comfortably?
- Do you spend a lot of your day sitting down?
- Do you work in an office?
- Do you work in front of a computer?
- Do you play computer games?
- Are you in a classroom for many hours a day?
- Do you travel on long plane journeys frequently?
- Do you spend a long time in a car, or on a bus every day?

If you answered 'yes' to more than two of these questions, then read on ...

2 The text in exercise 1 comes from a magazine article. What do you think the rest of the article is about?

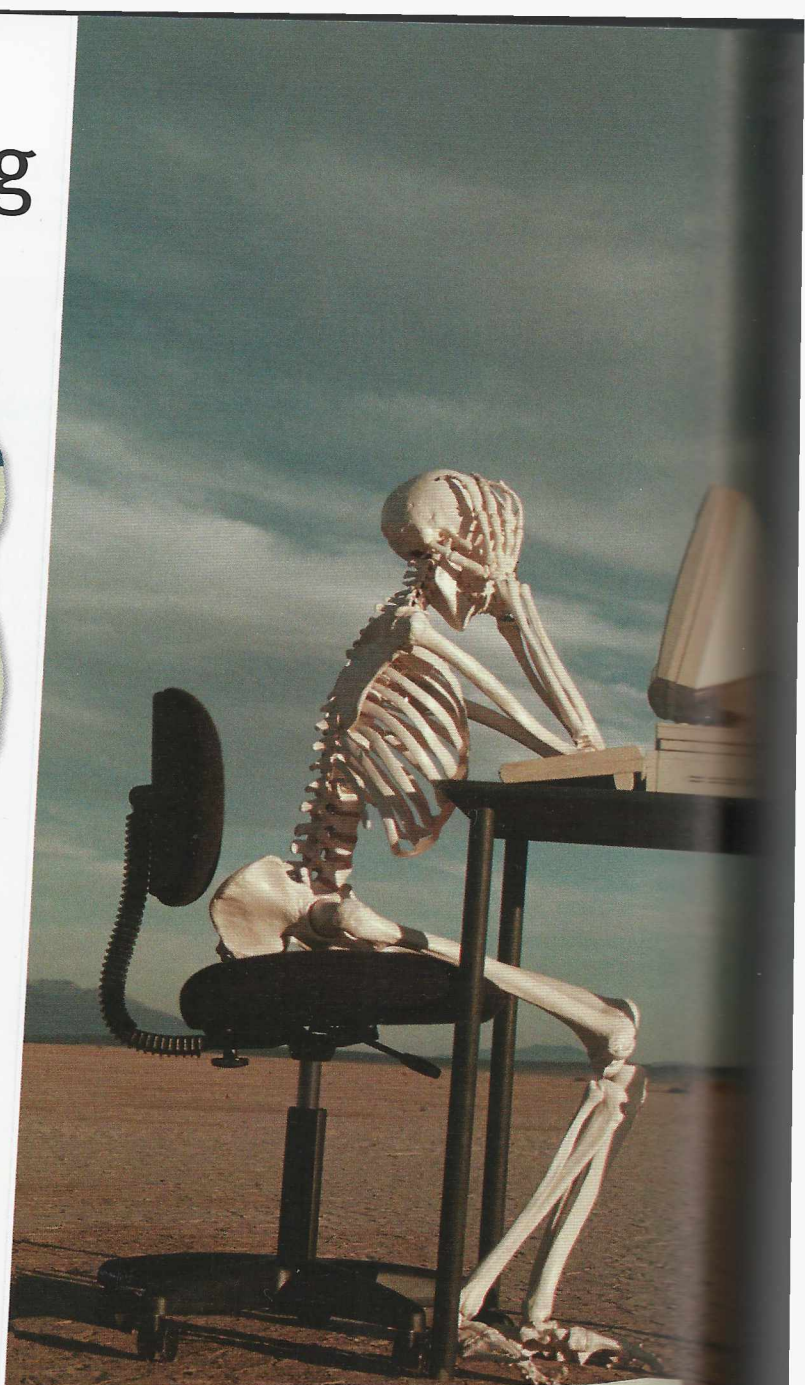
- 1 Working in an office and going on holiday
- 2 A history of chairs
- 3 Problems and advice for people who sit for a long time

3 Read the rest of the article below to check.

4 Read the article again and match the headings 1-4 to the paragraphs A-D.

- | | |
|---------------------|------------------|
| 1 Take breaks often | 3 Move your body |
| 2 Drink water | 4 Sit correctly |

5 Which of the things in exercise 4 do you do when you are sitting for a long time?



It is not normal for the human body to sit for a long time.

Sitting for a long time is new in human history. Now, sitting for many hours every day is common. It is also dangerous for your health.

You can hurt your back, your arms, your neck and your wrists if you sit for a long time every day. People who work in offices often have health problems because they sit too long in front of a computer. People who travel many hours on planes often say

they feel bad at the end of a long trip. Experts say you should do the following if you don't want any problems:

A _____
20 Keep your back straight and your feet on the floor. You should have a good, comfortable chair.

B _____
25 Don't sit for more than thirty minutes. Stand up and walk around. Several studies showed that people who take frequent

'microbreaks' do more work in the day.

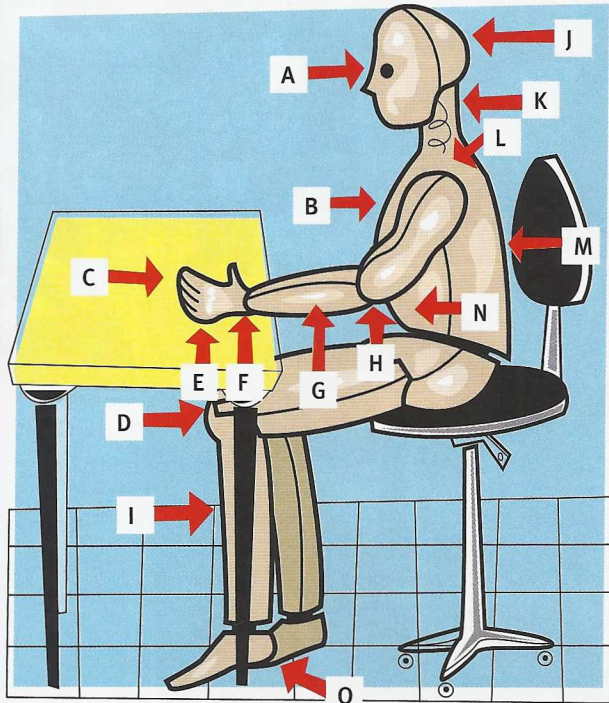
C _____
30 Water cleans your body and keeps you healthy. It's good for you and gives you energy. Don't drink lots of coffee or tea.

D _____
35 Stretching is a simple and quick way of doing some exercise while you are sitting down. Stretch your arms, your hands and your shoulders. Don't stretch a lot if it hurts.

VOCABULARY: body

- 1 Find and underline seven words in the article on page 94 related to the body.
- 2 Match the parts of the body A–O with the words in the box.

leg foot/feet knee chest back hand
arm wrist shoulder elbow neck
head stomach eyes fingers



- 3 2.36 Listen and tick (✓) the words you hear. Say the parts of the body.
- 4 Play *Simon Says*. Your teacher will explain the rules.

GRAMMAR: imperatives

We use the imperative to give orders. The imperative form of the verb is the same as the infinitive.

Drink water.
Sit straight.

We use *don't* + verb to make negative imperatives.

Don't sit for a long time.
Don't move.

SEE LANGUAGE REFERENCE PAGE 100

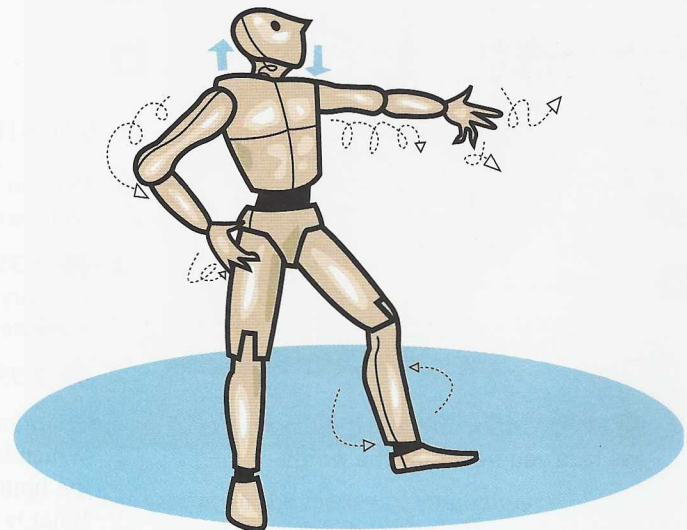
- 1 Underline all the examples of verbs in the imperative in the article on page 94.
- 2 Make a sentence for each picture. Use the verbs and phrases in the box in the imperative.

take photos smoke speak walk
turn right drive slowly



LISTENING & SPEAKING

- 1 2.37 Look at the picture and listen to the instructions for a 'microbreak' exercise. Point to the parts of the body on the picture that the person says.



- 2 2.37 Listen again and follow the instructions.
- 3 Work in pairs, A and B.
A: Look at page 133. B: Look at page 135.