

7

Video diary



Before you watch

- 1 This is Suzy. She wants to improve her eating habits and fitness. Work with a partner and suggest what she can do to lose weight and get fitter.

While you watch

PART 1 (00:00–01:11)

- 2 Watch Part 1 of the programme and answer the questions.

- How old is Suzy? _____
- What is she going to do in two weeks' time?

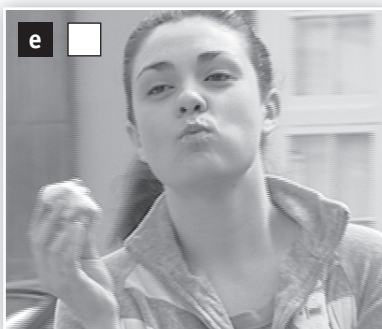
- Complete Suzy's fitness programme.

I'm going to ...

- _____ *once a day.*
- _____ *twice a day.*
- _____ *three times a week.*
- _____ *less every day.*

PART 2 (01:12–07:02)

- 3 Watch the whole programme and number the pictures in order (1–7).



4 Watch the programme again and tick (✓) the excuses Suzy makes.

- | | | | |
|---------------------------------|--------------------------|---|--------------------------|
| a) 'I've got a stomach ache.' | <input type="checkbox"/> | f) 'The swimming pool is too crowded.' | <input type="checkbox"/> |
| b) 'It's raining.' | <input type="checkbox"/> | g) 'I feel a bit sick, actually.' | <input type="checkbox"/> |
| c) 'I've got a headache.' | <input type="checkbox"/> | h) 'My knees hurt. I've got a bad foot. My back aches.' | <input type="checkbox"/> |
| d) 'I haven't got enough time.' | <input type="checkbox"/> | i) 'I'm too tired.' | <input type="checkbox"/> |
| e) 'My body aches so much.' | <input type="checkbox"/> | | |

After you watch

5 Complete Suzy's email to her friend telling her about her last two weeks.

- | | |
|----------------------------------|--------------------------|
| a) something happened to my back | f) enough time |
| b) I went swimming | g) absolutely everything |
| c) was awful | h) a bad foot |
| d) I had a lovely new dress | i) do anything |
| e) too dangerous | |

Hi Bridget

How are you? I'm off work with a bad back. I have to tell you how it happened! Well, you know it was my birthday two weeks ago. I had a date with David (yes, the really good-looking guy from the office) and I wanted to get into shape.

So I made a fitness rota. And I decided to eat less. Day 1 was my birthday so I didn't 1) _____. Day 2 was OK. I went running. But it was really tough. Day 3 I did floor exercises – my knees hurt, my back ached and I had 2) _____. But no pain, no gain! Day 4 3) _____. I hate swimming. Day 5 I couldn't go running because I had a stomach ache and the weather 4) _____. Who goes running in the rain? Day 6 was swimming again.

But in the second week I stopped following the rota. I didn't have 5) _____.

I started running again on Day 11 and on the last day I did 6) _____ – running, swimming, floor exercises.

So then it was the day of my date. I looked better and 7) _____. But then the DV cam fell to the floor. I bent down and 8) _____! David rang the doorbell but I couldn't move. Disaster!

But everything's OK now. I'm going to go out with David next weekend. We're going to go to that new Italian restaurant in town. And I'm not going to do any more exercise. It's 9) _____!

love
Suzy