



Unit 23 A balanced life

Practice

1 PAIRS. Practice the conversation. Then switch roles.

A: I've decided to take the evening off. I think I've been (1) taking on too much lately.

B: But I thought you (2) enjoyed exercising.

A: Well, I do. But (3) I think I need to take a break.

B: But last week you said you were really into (4) exercising and losing weight.

A: Well, I am . . . or, I was. The fact is, I'm sick of (5) running around the gym.

B: Oh, come on! You'll (6) enjoy it when you get there.

A: Look, I don't mind staying in and (7) taking it easy for a change. You go without me. I'll be OK. Honestly.

B: Well, OK. (8) If you're sure about this.

Substitute

2 PAIRS. Use the substitutions in the box to create a new conversation. Practice the conversation. Then switch roles.

For example,

A: I've decided to take the evening off. I think I've been working out too much lately.

B: But I thought you liked going to the gym.

Student A	Student B
(1) working out	(2) liked going to the gym
(3) lately I just can't stand it	(4) running and doing yoga
(5) trying to stay in shape	(6) have fun
(7) watching a soccer game tonight	(8) I'll see you later.

Personalize

3 PAIRS. Role-play the conversation. Use your own words for the underlined parts. Then switch roles.

