

Health problems that are caused
by sports

Sneeze

sore throat

cough

vomit

cold

blisters on feet

backache

twisted ankle

Brake a leg

Healthy

Feel dizzy

здоровый

чихать

боль в спине

чувствовать головокружение

вывихнутая лодыжка

простуда

больное горло

кашель

волдыри на ногах

сломать ногу

рвота

Rowing — backache

Jogging – twisted ankle

**Hill walking – cold and sore throat,
cough, blisters on feet**

Skiing – broken leg

Sailing – vomit

exercise

continue

follow

gain

recover from

reduce

hurt

Give up

Put on

Go on

Take up

Cut down on

Work out

Got over

Keep on

- When I 1) gave up smoking I 2) put on a lot of weight and my doctor told me to 3) go on a diet and to 4) take up a sport or a hobby. So, I 5) cut down on sweets and joined a gym where I could 6) work out every morning. Unfortunately, I hurt my back on the rowing machine, so I stopped going. When I 7) got over my backache, I took up jogging. At first, it was great, but then I felt dizzy and I got a pain in my leg. Stupidly, I 8) kept on running and I twisted my ankle.

- The next thing I tried was hill walking, but I got lost in a storm. The next day I had a terrible cold and a sore throat, and I couldn't stop coughing and sneezing. I also had terrible blisters on my feet.

Then I went skiing. It was fun, but after the first day my knees were swollen, and on the second day I fell and broke my leg.

Finally, I went sailing. Never again! Before we had even left the port, I felt really ill and I couldn't stop vomiting.

Now I've taken up knitting. I haven't lost any weight, but at least I'm happy.

How do you stay in shape?

How often do you practice your favourite sports?

Have you ever taken part in the competitions?

Have you won medals or cups?

Which sport would you like to take up? —

If you have health problems will you do sports?

Offering help – предлагать помощь

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I'll have a look at it if you like. – Я взгляну на него, если хотите.

Would you like me to do it for you? — Вы бы хотели, чтобы я сделал это за вас?

Shall I do it? — Должен ли я это сделать?

Can I give you a hand? — Могу я протянуть вам руку помощи?

Why don't you let me try? — Почему бы вам не позволить мне попробовать?

Do you want me to help? — Вы хотите, чтобы я помог?

• Accepting — принятие

That would be great, thanks a lot. — Это будет отлично, спасибо большое.

Yes please, I haven't got a clue what I'm doing. — Да, пожалуйста, я понятия не имею, что я делаю.

Would you? Thanks, I don't know how to do it. — Правда? Спасибо, я не знаю, как это сделать.

Refusing — отказ

- No, it's alright thanks. I know what I'm doing.
— Нет, все в порядке, спасибо. Я знаю, что я делаю.
I'd rather do it myself. Thanks, anyway. — Я бы предпочел сделать это сам. Спасибо, в любом случае.
Don't worry about it. I can do it on my own.
— Не беспокойтесь об этом. Я могу сделать это сам.