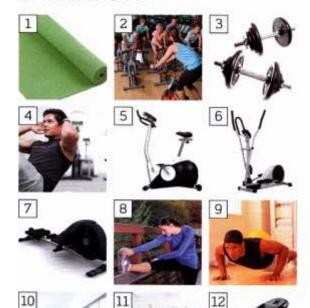
# Looking after yourself

## **VOCABULARY BANK**

### 1 KEEPING FIT



 Match the words and pictures for equipment and exercises.

#### Equipment

- (use) an exercise bike
- (go on) a running machine (also treadmill)
- (do / lift) weights
- (use) a rowing machine
- (use) a cross-trainer
- (use) a yoga mat

#### Exercises

- do sit-ups
- do press-ups
- stretch
- do aerobics
- do spinning
- 10 do Pilates (or yoga)
- b (4)27)) Listen and check.
- c What equipment or exercises are good if you...?
  - · want to lose weight
  - · want to tone your muscles
  - want to do cardio exercises
  - have a bad back
  - · want to improve your flexibility

#### **2 BEAUTY TREATMENTS**

- a Match the words and pictures.
  - manicure /ˈmænɪk joə/
  - pedicure /'pedikjuə/
  - facial/feifl/
  - massage/mæsor3/
  - waxing/wæksɪŋ/
  - fake tan /ferk 'tæn/
- b 428)) Listen and check.
- c Have you ever had any of these treatments?
- < p.74







## 3 AT THE HAIRDRESSER'S OR BARBER'S

- a Match the words and pictures.
  - bunches / bantfiz/
  - (also crew cut /'kru: kat/)
  - a fringe /frind3/
  - 6 a parting / portin/
  - a ponytail / pouniterl/ plaits /plæts/

## have your hair...

- curled /ks:ld/
- cut/kat/
- dyed/daid/
- put up /pot Ap/
- straightened/streitnd/

#### have

- a blow dry /'blou drai/
- a shave /ferv/
- a trim (or have your hair trimmed) /trim/
- highlights/harlarts/
- b (431)) Listen and check.

₹ p.77



















