

# Looking after yourself

## VOCABULARY BANK

### 1 KEEPING FIT



- a 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
- do Pilates (or yoga)

- b 427 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 /'mænɪkjʊə/
- pedicure /'pedɪkjʊə/
- facial /'feɪʃl/
- massage /'mæsoʊʒ/
- waxing /'wæksɪŋ/
- fake tan /fɛɪk 'tæn/

- b 428 Listen and check.

- c Have you ever had any of these treatments?

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

- a Match the words and pictures.

- bunches /'bʌntʃɪz/
- a buzz cut /'bʌz kʌt/ (also crew cut /'kruː kʌt/)
- a fringe /'frɪndʒ/
- a parting /'pɑːtɪŋ/
- a ponytail /'pɒnɪteɪl/
- plaits /plæts/
- have your hair...**
- curled /kɜːld/
- cut /kʌt/
- died /daɪd/
- put up /pʊt ʌp/
- straightened /'streɪtnd/

#### have...

- a blow dry /'bləʊ draɪ/
- a shave /ʃeɪv/
- a trim (or have your hair trimmed) /trɪm/
- highlights /'haɪlaɪts/

- b 431 Listen and check.

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