

## CANDIDATE A

### HEALTHY LIFESTYLE

**Preparation time for both tasks: 3 minutes**

Your partner wants to adopt a healthier lifestyle, so you decide to give them some advice based on a poster you found online:



#### TASK 1: MEDIATION

...../12,5

**Speaking time: 2 minutes max. Talk about the following points:**

- Tell your partner about three of the tips from the poster that you think will be helpful.
- Explain your reasons for choosing these tips.

#### TASK 2: PRODUCTION

...../12,5

**Speaking time: 2 minutes max. Talk about the following points:**

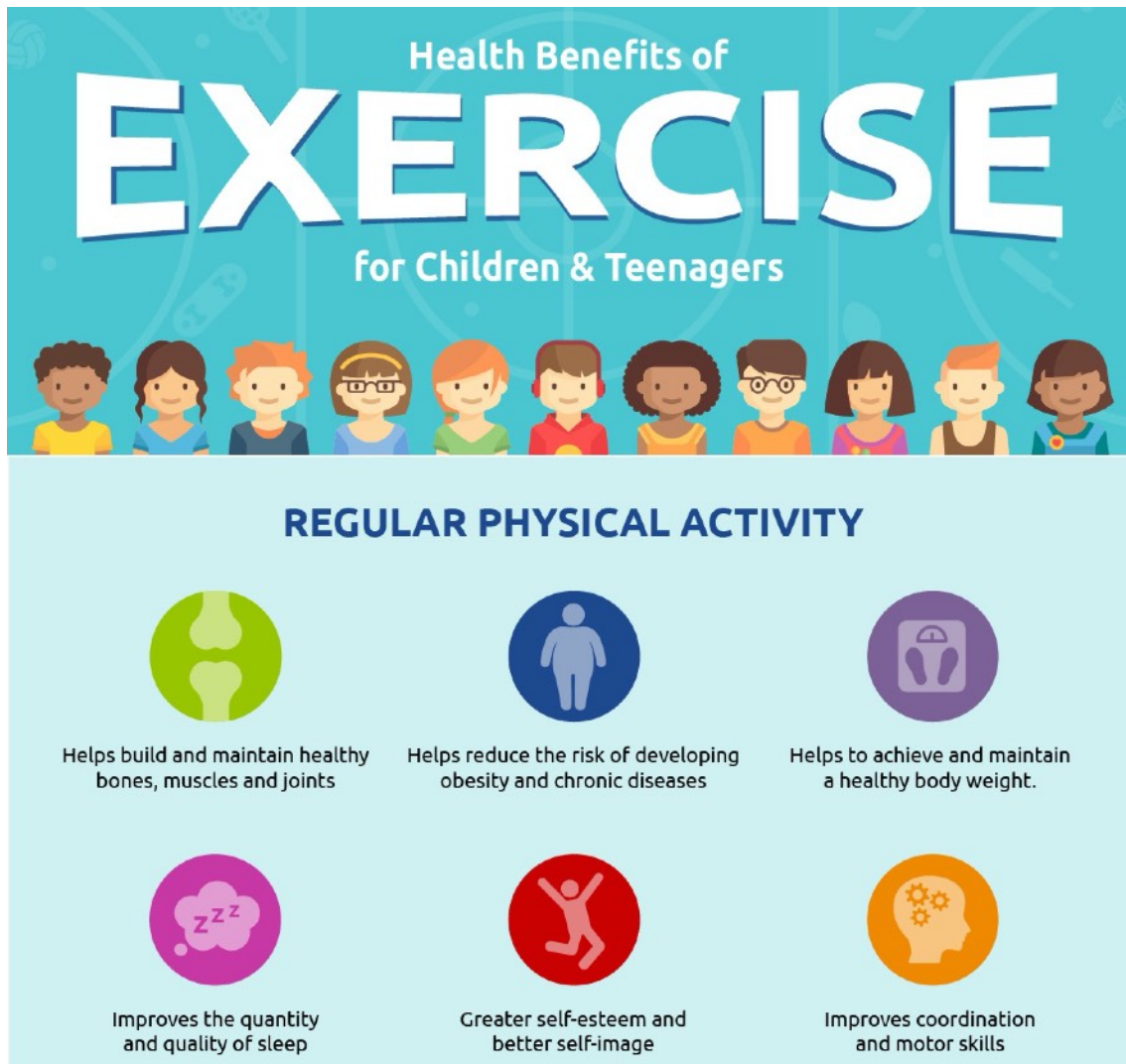
- Give your opinion about the importance of having a healthy lifestyle.
- Explain what you do to stay healthy.

## CANDIDATE B

### HEALTH BENEFITS OF EXERCISE

Preparation time for both tasks: 3 minutes

Your partner wants to promote exercise to children and teenagers in a sports club, so you decide to give them some advice based on a poster you found online



#### TASK 1: MEDIATION

...../12,5

**Speaking time: 2 minutes max. Talk about the following points:**

- Tell your partner about three of the tips from the poster that you think will be helpful.
- Explain your reasons for choosing these tips.

#### TASK 2: PRODUCTION

...../12,5

**Speaking time: 2 minutes max. Talk about the following points:**

- Give your opinion about the importance of physical education at school.
- Explain what physical activities you used to do as a child and teenager.

## CANDIDATE C

### TEAM SPORTS

**Preparation time for both tasks: 3 minutes**

Your partner wants their child to take up a team sport, so you decide to give them some advice based on a poster you found online



#### TASK 1: MEDIATION

...../12,5

**Speaking time: 2 minutes max. Talk about the following points:**

- Tell your partner about three of the tips from the poster that you think will be helpful.
- Explain your reasons for choosing these tips.

#### TASK 2: PRODUCTION

...../12,5

**Speaking time: 2 minutes max. Talk about the following points:**

- Give your opinion about the importance of playing team sports.
- Explain what physical activities you used to do as a child and teenager.

## CANDIDATE A

### HEALTH BENEFITS OF EXERCISE

Preparation time for both tasks: 3 minutes

Your partner wants to work out in warm weather, so you decide to give them some advice based on a poster you found online:

## KEEP IT COOL DURING WARM WEATHER WORKOUTS

With the sun shining bright, it's the perfect time to take your workout outside! Use these tips and tricks to stay cool as you Move More all summer long.



### TIME IT RIGHT

- Get outside during the coolest parts of the day, like the morning or evening
- Avoid outdoor activity from 12-3 PM, the hottest part of the day
- Give yourself time to warm up and cool down before each activity



### STAY HYDRATED

- Drink water before, during and after activities, even if you don't feel thirsty
- Fuel up with hydrating fruits and veggies, smoothies and infused water
- Carry a water bottle or hydration pack with you for easy hydration



### DRESS FOR COMFORT

- Wear lightweight, light-colored clothes made with moisture-wicking fabrics
- Lace up with breathable shoes, lightweight socks and supportive insoles
- Protect yourself with sunglasses, waterproof sunscreen and a hat or visor



### MAKE IT FUN WITH WARM-WEATHER ACTIVITIES LIKE:

 Swimming

 Hiking

 Outdoor Yoga



American Heart Association | Healthy For Good™

#### TASK 1: MEDIATION

...../12,5

**Speaking time: 2 minutes max. Talk about the following points:**

- Tell your partner about three of the tips from the poster that you think will be helpful.
- Explain your reasons for choosing these tips.

#### TASK 2: PRODUCTION

...../12,5

**Speaking time: 2 minutes max. Talk about the following points:**

- Give your opinion about the importance of regular physical activity.
- Explain what exercise you usually do to stay healthy.



## CANDIDATE B

### HEALTH BENEFITS OF EXERCISE

Preparation time for both tasks: 3 minutes

Your partner wants to work out in spring weather, so you decide to give them some advice based on a poster you found online:

# **+WARM UP WEATHER+ TO COOL WORKOUTS**

Make it easy on yourself to Move More in cooler weather with these tips and tricks.



## **DRESS FOR COMFORT**

- Keep your feet cozy with warm socks, weatherproof shoes and supportive insoles
- Wear layers of clothing to wick away moisture, insulate and protect
- Don't forget hats, gloves and scarves if it's very cold



## **LOOK AT THE BRIGHT SIDE**

- Being outdoors is a great way to get some Vitamin D
- There's no heat or humidity to deal with – just cool, crisp air
- Exercise boosts immunity during cold and flu season



## **HAVE FUN WITH COOL WEATHER ACTIVITIES LIKE:**

 Jogging

 Hiking

 Snowshoeing



## **TAKE IT INSIDE IF IT GETS TOO COLD FOR COMFORT, TRY:**

- Indoor circuit workouts
- Yoga or other fun group classes
- Active housework like power vacuuming



Healthy For Good™



#### TASK 1: MEDIATION

...../12,5

**Speaking time: 2 minutes max. Talk about the following points:**

- Tell your partner about three of the tips from the poster that you think will be helpful.
- Explain your reasons for choosing these tips.

#### TASK 2: PRODUCTION

...../12,5

**Speaking time: 2 minutes max. Talk about the following points:**

- Discuss the benefits of exercising outdoors.
- Explain what sport you would like to take up and why.

## CANDIDATE C

### HEALTH BENEFITS OF EXERCISE

Preparation time for both tasks: 3 minutes

Your partner wants to start working out in winter weather, so you decide to give them some advice based on a poster you found online:



**WINTER RUNNING TIPS**

❄️ Stay **SAFE** and **WARM** while ❄️ exercising in the cold.

**Layer Up**  
Dress in layers that you can remove as you start to sweat and then put back on as needed. Avoid cotton, which stays wet next to your skin.

**Pay Attention to Weather Conditions**  
Before heading out, check the forecast for the time you'll be outside. Temperature, wind and moisture are key considerations in planning a safe cold-weather workout.

**Drink Plenty of Fluids**  
Drink water or a sports drink before, during, and after your workout, even if you're not really thirsty to avoid dehydration.

**Avoid Frostbite**  
Frostbite is most common on exposed skin such as your nose, ears, hands, and feet. Early warning signs include numbness or a stinging sensation.

Source: [mayoclinic.org](https://www.mayoclinic.org)

**OPERATION LIVE WELL**

#### TASK 1: MEDIATION

...../12,5

**Speaking time: 2 minutes max. Talk about the following points:**

- Tell your partner about three of the tips from the poster that you think will be helpful.
- Explain your reasons for choosing these tips.

#### TASK 2: PRODUCTION

...../12,5

**Speaking time: 2 minutes max. Talk about the following points:**

- Discuss the drawbacks of exercising outdoors.
- Explain sports facilities there are in your town.



### TASK 3: INTERACTION

ALL CANDIDATES

Preparation time: 1 minute

Speaking time: 3-4 minutes in pairs; 6 minutes max for a threesome

You and your classmate want to illustrate an article on **the importance of promoting / instilling sportsmanship values in children**. You found these pictures online.

Talk about the three of them and reach an agreement on which to choose.



Preparation time: 1 minute

Speaking time: 3-4 minutes in pairs; 6 minutes max for a threesome

You and your classmate want to illustrate an article to promote **gender equality in sports**. You found these pictures online.

Talk about the three of them and reach an agreement on which to choose.

