

4 Here are the average numbers of steps the people took. Match the numbers with the occupations in exercise 3.

8,648 4,726 5,336 18,904 5,062 4,327

5 Check your answers with the actual results in File 36, page 145. Do you find anything surprising?

6 Read the rest of the article. What suggestions does the writer make for increasing the number of steps you take at work?

ACE recommends we take at least 10,000 steps a day. This means you're all right if you deliver the post, but what if you work in an office? You won't reach half the recommended total.

But there are lots of things you can do to get more exercise at work. Some just require small changes but together they can make a big difference to your health. For example, if you just take the stairs instead of the lift, or go over to people's offices instead of sending them emails, it can help. A short walk at lunchtime could also make a big difference, and you'll probably return to work feeling more refreshed as well. ■

### Listening: A fitness plan

7 2.4 Listen to someone talking about a fitness plan. Who is he and what is he going to do?

8 Answer these questions. Then listen again and check.

- 1 How does Adam keep fit?
- 2 Why is he worried about the health of his staff?
- 3 What is 'operation fitness'?
- 4 Does he think his staff will like his plans and does he care? Why?/Why not?
- 5 Would you like to have Adam as your boss? Why?/Why not?



### Speaking: Holding a meeting

9 Work in pairs or small groups. You all work for Adam. Read the changes he is planning to make. Go through them one by one and discuss the questions.

- 1 Do you like them or dislike them?
- 2 What will happen if he goes ahead with the change?
- 3 Is it a sensible change? Why?/Why not?

## OPERATION FITNESS

- 1 Install exercise machines in the staff restrooms.
- 2 Turn off the electricity supply to the lifts so everyone uses the stairs.
- 3 Relocate all the meeting rooms to the fifth floor.
- 4 Stop cars from entering the car park. Provide bicycle racks instead.
- 5 Turn the extra car park space into a tennis or basketball court.
- 6 Offer cash or gift vouchers to employees who join a gym.
- 7 Instruct the staff canteen to stop serving junk food. All meals to be vegetarian.
- 8 Coffee machines to only serve decaffeinated coffee.
- 9 No internal phone calls. If employees need to speak to someone, they should go to their desk.
- 10 All employees to wear pedometers. Employees who don't take 10,000 steps a day to be punished.
- 11 Start every company meeting with a ten-minute exercise routine.
- 12 Turn down the heating so everyone has to move about to keep warm.

10 Adam has agreed to meet with his employees to discuss the plans before he implements them. Work in pairs or small groups and take a few minutes to prepare for the meeting. Decide who will take which roles.

#### Adam and his advisors:

Ideally, you would like to make all these changes. But you realize that some of the plans might not work or may lower efficiency. So you're willing to listen to arguments and make necessary changes.

But you are determined that your employees need to change their unhealthy lifestyles and become fitter. Prepare to argue your case for the changes you feel strongly about.

#### Employees:

You are concerned that some of the changes are not feasible or may damage efficiency. Prepare to argue against the changes you don't like. Where possible, suggest alternatives or alterations to the current plans

11 Hold the meeting. Adam and his advisors: listen to all the arguments and then decide which changes to make.