

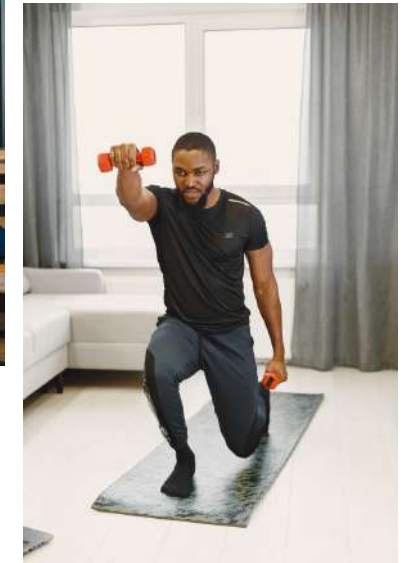
Seminar 21: Let's talk...

Lifestyle, Diet & Exercise
+
Make vs Do

OVERVIEW:

1. **Relevant Expressions, Verbs & Vocabulary (REVV!)**
2. **Important Grammar: Make & Do**
3. **Precise Pronunciation: S vs X**
4. **F.A.C.E. = False Friends & Avoiding Common Errors!**
5. **Most common questions – Can you answer them?**

Lifestyle, Diet & Exercise



Lifestyle...

is a way of life established by a society, culture, group or individual. This includes patterns of behaviour, interaction, consumption, work, activities and interests that describe how a person spends their time.

— www.simplcable.com

El estilo de vida es una forma de vida establecida por una sociedad, cultura, grupo o individuo. Incluye patrones de comportamiento, interacción, consumo, trabajo, actividades e intereses que describen cómo una persona emplea su tiempo.

Lifestyle, Diet & Exercise

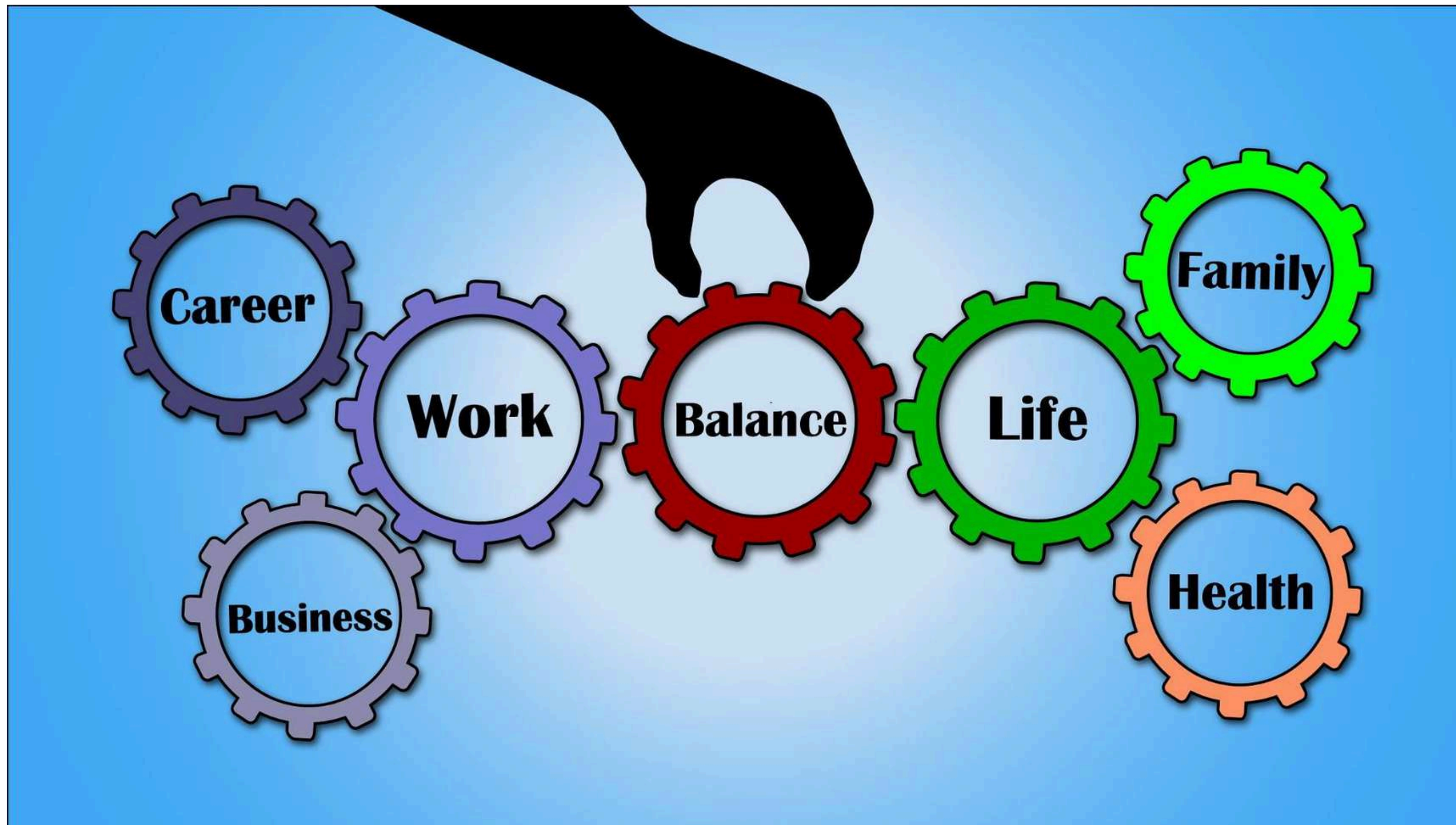
Lifestyle, Diet & Exercise



Lifestyle, Diet & Exercise



Lifestyle, Diet & Exercise



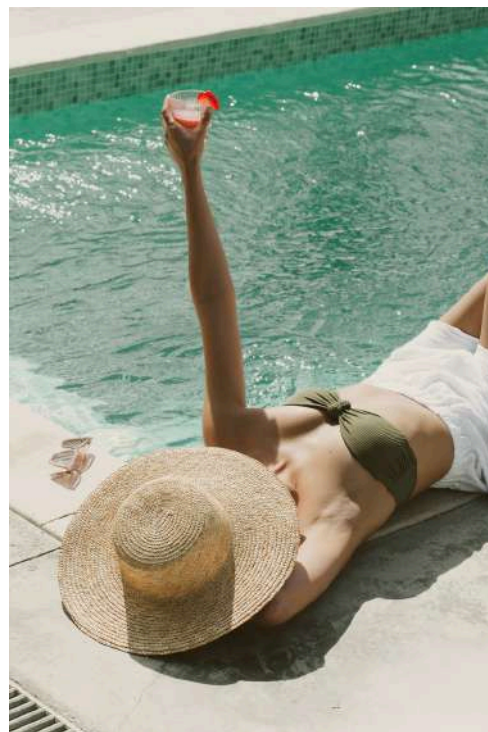
Lifestyle, Diet & Exercise

WORK



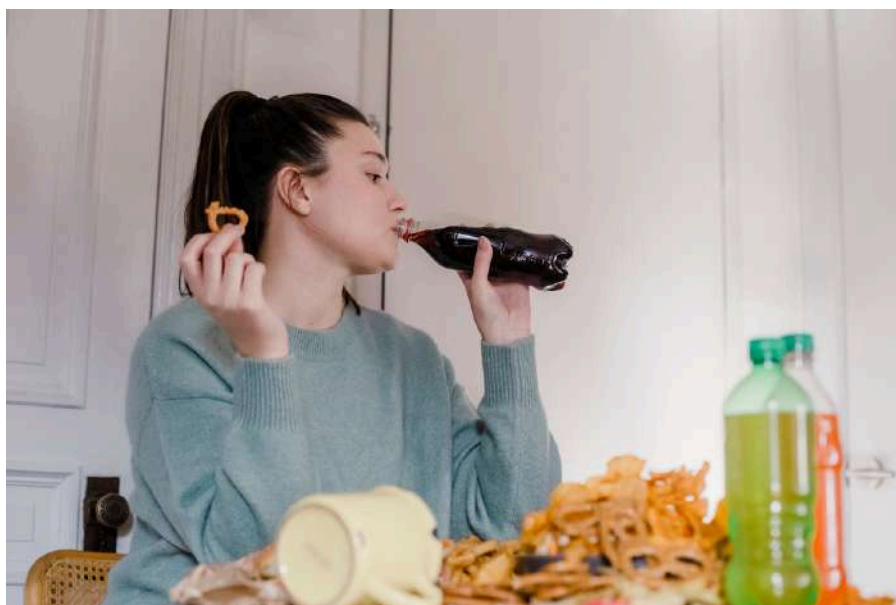
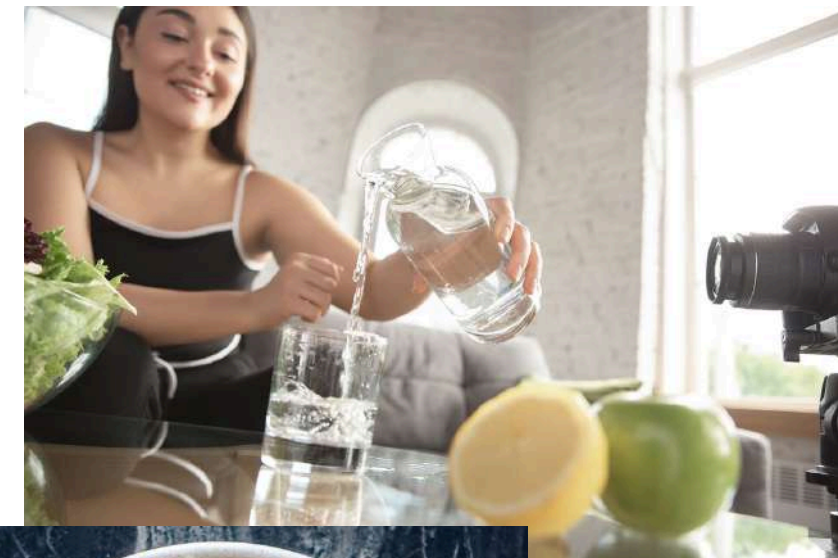
Lifestyle, Diet & Exercise

SOCIAL BEHAVIOR



Lifestyle, Diet & Exercise

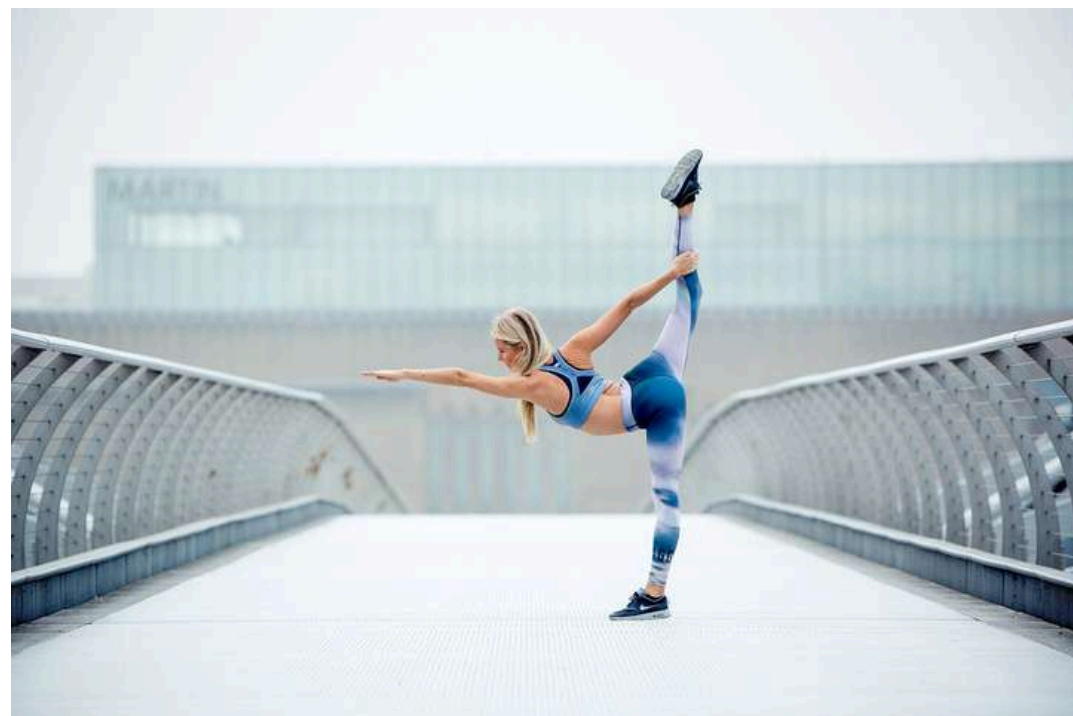
FOOD



Lifestyle, Diet & Exercise



EXERCISE



Lifestyle, Diet & Exercise

ACTIVITIES



Lifestyle, Diet & Exercise

“My doctor recently told me that jogging could add years to my life. I think he was right. I feel ten years older already.”

— Milton Berle

“Hace poco mi médico me dijo que hacer jogging podría añadirme años de vida. Creo que tenía razón. Ya me siento diez años mayor”.





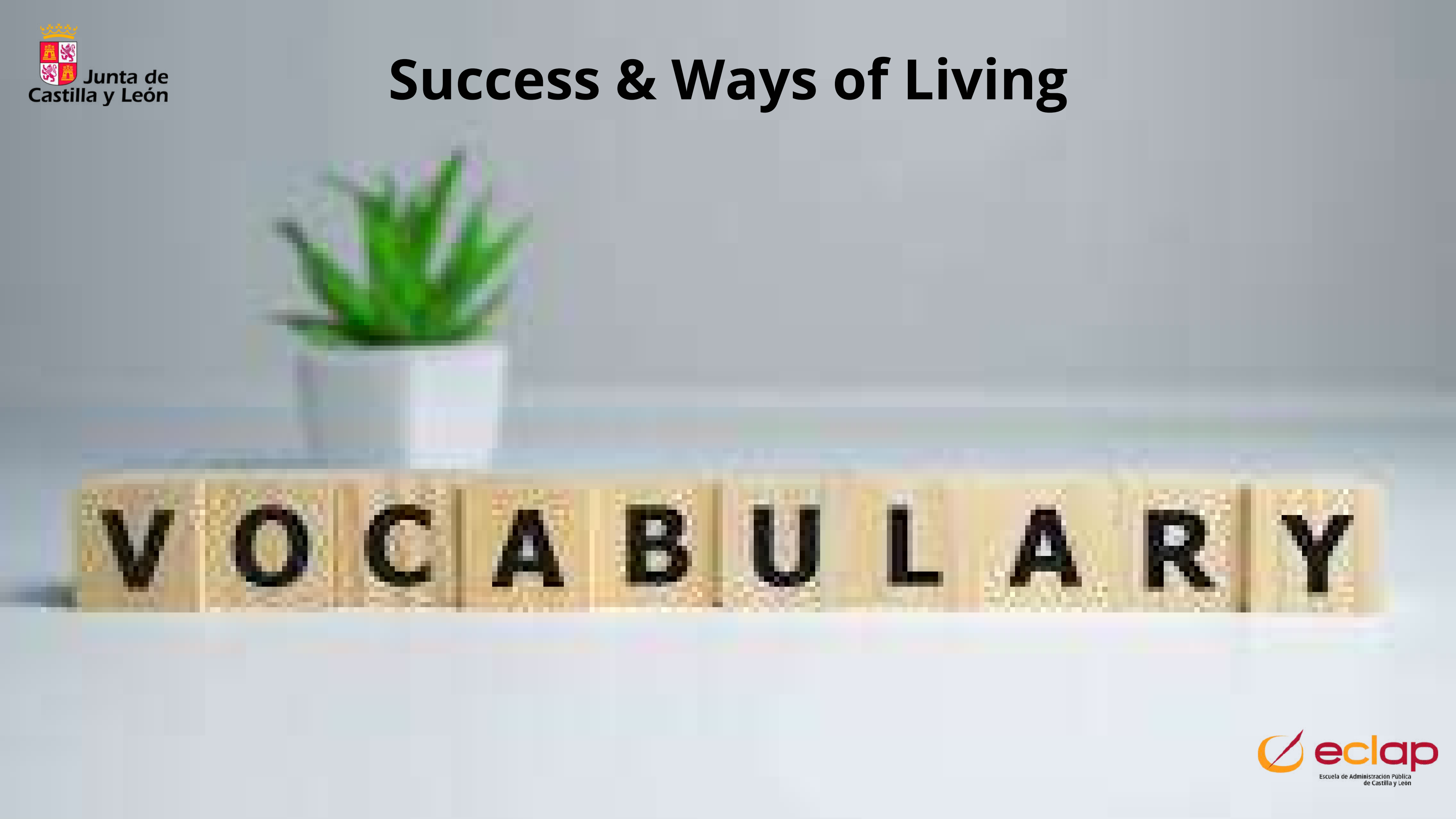
REVV

TIME:



**Relevant
Expressions,
Verbs
&
Vocabulary**

Lifestyle, Diet & Exercise

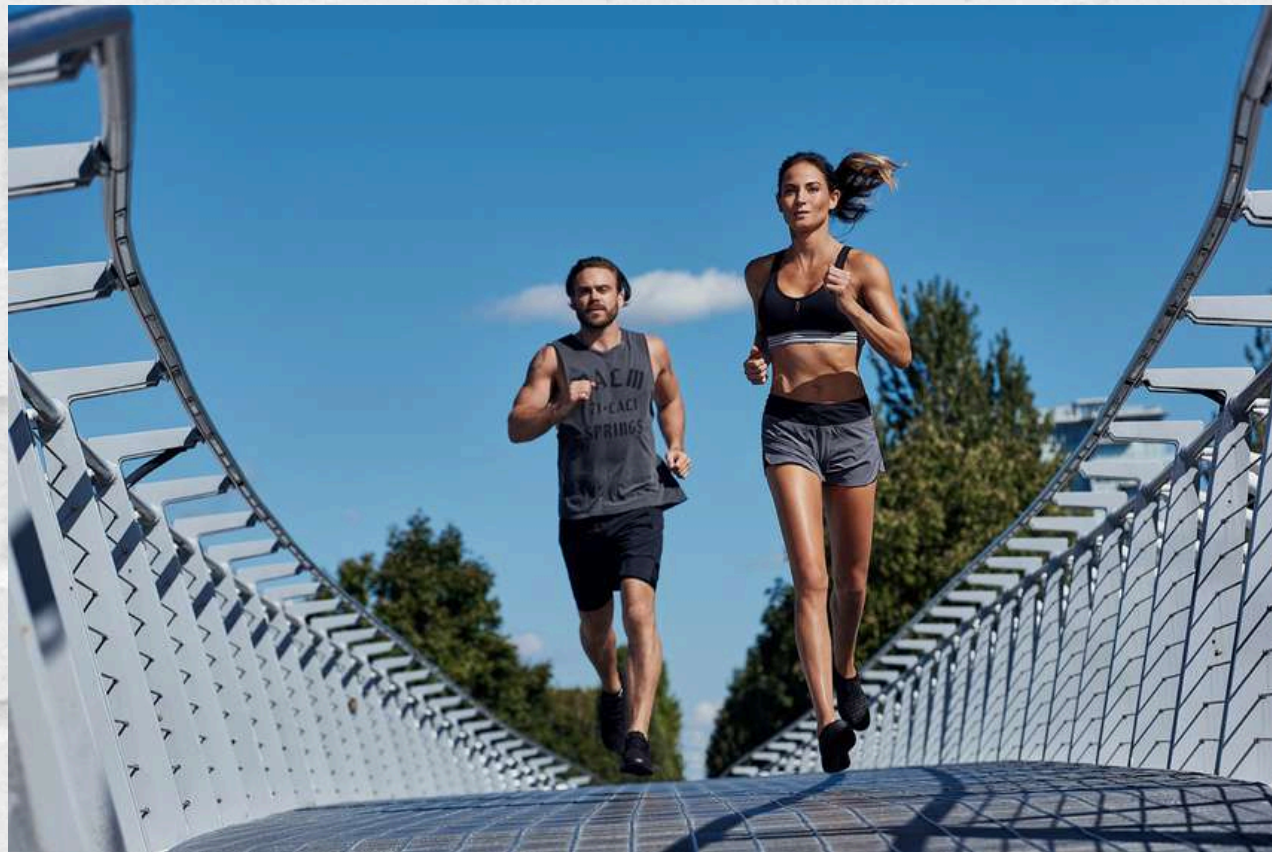


VOCABULARY

Lifestyle, Diet & Exercise

Lifestyle Adjecitves

GOOD / HEALTHY:



Lifestyle, Diet & Exercise

Lifestyle Adjectives

GOOD / HEALTHY:

Active – Full of movement and energy.

"An active lifestyle helps him stay fit and happy."

Happy – Feeling good and enjoying life.

"Her happy lifestyle includes spending time with friends and doing what she loves."

Relaxed – Calm and without stress.

"They have a relaxed lifestyle, with plenty of time to enjoy life."

Successful – Doing well in work and life.

"He lives a successful lifestyle with a great job and a happy family."

Luxurious – Full of wealth and comfort, often with expensive or high-end experiences.

"They lead a luxurious lifestyle, traveling first class and staying in five-star hotels."

Balanced – A good mix of work, rest, and fun.

"She tries to keep a balanced lifestyle with time for work, exercise, and fun."

Lifestyle, Diet & Exercise

Lifestyle Adjectives

AVERAGE / NORMAL:

Normal – Like most people, not too difficult or too easy.

"He has a normal lifestyle, working during the week and relaxing on weekends."

Simple – Not complicated, with only the basic things.

"She enjoys a simple lifestyle, spending time with family and friends."

Comfortable – Easy, with no big problems.

"He has a comfortable lifestyle, with enough money and time for hobbies."

Regular – Happening in the same way every day.

"His regular lifestyle includes going to work and exercising in the evening."

Ordinary– Usual and without anything special.

"He lives an ordinary lifestyle, going to work and spending time with family."

Lifestyle, Diet & Exercise

Lifestyle Adjecitves

BAD / UNHEALTHY:



Lifestyle, Diet & Exercise

Lifestyle Adjecitves

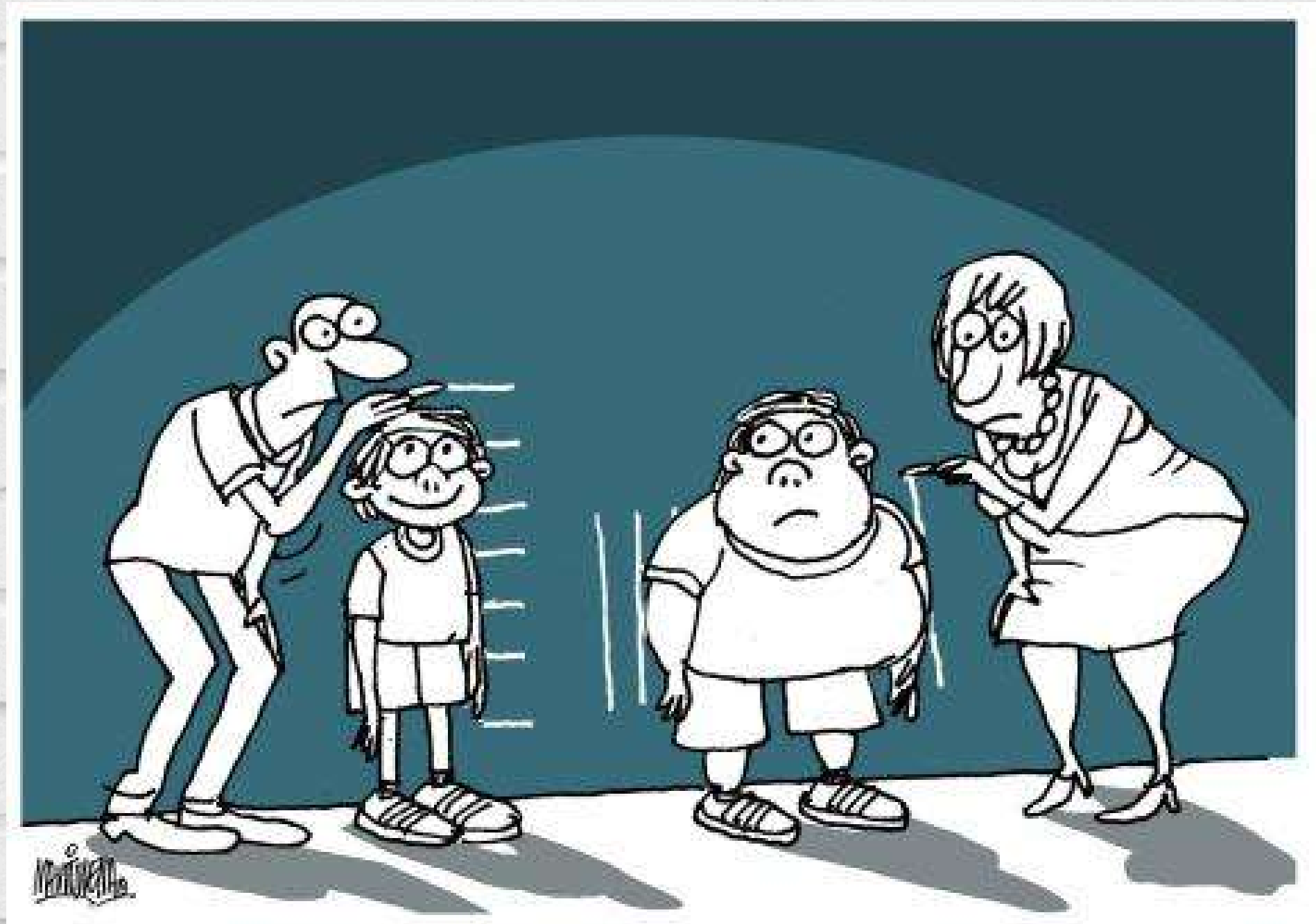
BAD / UNHEALTHY:



Lifestyle, Diet & Exercise

Lifestyle Adjecitves

BAD / UNHEALTHY:



Lifestyle, Diet & Exercise

Lifestyle Adjecitves

BAD / UNHEALTHY:

Busy – Always doing too many things without rest.

"He has a busy lifestyle and is always stressed."

Stressful/Hectic – Full of pressure and worry.

"A stressful/hectic lifestyle can make you feel tired all the time."

Hard– Difficult, with many challenges.

"She has a hard lifestyle, working long hours with little money."

Inactive/Sedentary – Not moving or exercising enough.

"An inactive/sedentary lifestyle can make you feel tired and weak."

Unhealthy – Not good for your body or mind.

"Eating junk food every day is part of an unhealthy lifestyle."

Lifestyle, Diet & Exercise

Types of Lifestyles



Lifestyle, Diet & Exercise

Types of Lifestyles



...Lovers = amantes de...

Nature lovers

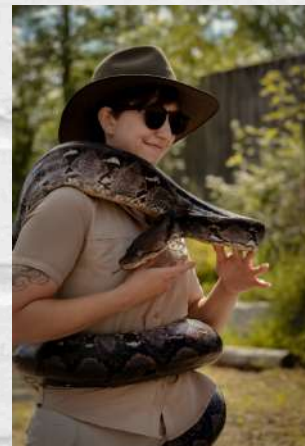
Amantes de la naturaleza

Music lovers

Amantes de la música

Pet lovers

Amantes de las mascotas



<https://simplicable.com/society/lifestyle>

Lifestyle, Diet & Exercise

Types of Lifestyles

-ists = ista

Activists

Activistas

Consumerists

Consumistas

DIY Enthusiasts

Entusiastas del bricolaje

(Do it yourself)

(Hazlo tú mismo)

Environmentalists

Ambientistas

Minimalists

Minimalistas



<https://simplicable.com/society/lifestyle>

Lifestyle, Diet & Exercise

Types of Lifestyles

-ers: =

Backpackers	Mochileros
Beachgoers	Playeros
Corporate climbers	Escaladores corporativos
Gamers	Jugadores
Empty Nesters	Padres del nido vacío (ya sin hijos)
Festivalgoers	Asistentes a festivales
Volunteers	Voluntarios

<https://simplicable.com/society/lifestyle>

Lifestyle, Diet & Exercise

Types of Lifestyles

-ies: =

Celebrities	Celebridades
Foodies	Gastronomistas
Hippies	Hippies
Homebodies	Hogareños
Early Retirees	Jubilados anticipados

<https://simplicable.com/society/lifestyle>

Lifestyle, Diet & Exercise

Types of Lifestyles

-Elite: = Élite



Corporate Elite	Élite corporativa
Cultural Elite	Élite cultural
Political Elite	Élite política
Global Elite	Élite global
Technological Elite	Élite tecnológica



<https://simplicable.com/society/lifestyle>

Lifestyle, Diet & Exercise

Types of Lifestyles



MIXED: = varios

Art aficionados	Aficionados al arte
Bohemians	Bohemios
Bookworms	Ratones de biblioteca
Cultured Living	Vida culta
Digital Nomads	Nómadas digitales
Double Income No Kids (DINKs)	Doble ingreso sin hijos (DISH)
Entrepreneurs	Emprendedores
Family-Oriented	Orientados a la familia
Film Buffs	Aficionados al cine
Sports fanatics	Fanáticos del deporte
Workaholics	Adictos al trabajo
Working Class	Clase trabajadora
Working Poor	Trabajadores pobres

<https://simplicable.com/society/lifestyle>

Lifestyle, Diet & Exercise

Social Relationships



Lifestyle, Diet & Exercise

Social Relationships

People/relationships...

	Strangers	Desconocidos
	Acquaintance	Conocido
Colleague/coworker (US)		Colega/compañero de trabajo (EE. UU.)
workmate (UK)		compañero de trabajo (Reino Unido)
Friend/mate (UK)		Amigo/compañero (Reino Unido)
Good friend/mate		Buen amigo/compañero
Close friend/mate		Amigo/compañero cercano
Best friend/mate		Mejor amigo/compañero
	Loved ones	Seres queridos
	Partner/lover	Pareja/amante
	Husband/wife	Esposo/esposa
My wife's/husband's family		La familia de mi esposa/esposo
In-laws (NOT parents in law)		Suegros

Lifestyle, Diet & Exercise

Social Circles

People are...

family oriented Orientado a la familia

independent Independiente

introverted / withdrawn Introversido/retraído

(homebody, reclusive) (hogareño, solitario)

extroverted /outgoing Extroversido/extroversido

(social butterfly, life of the party) (mariposa social, alma de la fiesta)

Lifestyle, Diet & Exercise

Social Circles

VERBS: To...	meet someone	conocer a alguien (la primera vez)
	get to know someone	llegar a conocer a alguien
	know someone	conocer a alguien
	know someone well	conocer bien a alguien
	know someone intimately	conocer íntimamente a alguien
	meet up with	quedar con / reunirse con
	get together with	quedar con / reunirse con
	hang out with	pasar el rato con
	catch up with	ponerse al día con
	spend time with	pasar tiempo con
	go out for (lunch, coffee, drinks, movie...)	salir a (comer, tomar un café, tomar algo, ir al cine...)
	to socialize with	socializar con

NOTE: we don't say 'pass time' with people



Lifestyle, Diet & Exercise

Daily Routine

Routine – The things you regularly do.

Commute – The journey between home and work/school.

Workday – The part of the day that you spend working.

Chores – Small jobs around the house, like cleaning or washing dishes.

Exercise – Physical activity to stay healthy.

Leisure – Free time for relaxation or hobbies.

Getting up early/late – The time you start the day matters.

Making time – It's important to make time for your self.

Dealing with stress – Ways to manage things that cause mental or emotional stress.

Lifestyle, Diet & Exercise

Changes in Lifestyles

IT'S NOT A DIET
IT'S NOT A PHASE
IT'S A PERMANENT LIFESTYLE CHANGE

Lifestyle, Diet & Exercise

Changes in Lifestyles

To give up: Dejar de fumar:

"I gave up smoking last year." "Dejé de fumar el año pasado".

To take up: Empezar:

"I've taken up yoga recently." "Hace poco empecé a hacer yoga".

To cut down on: Reducir el consumo:

"I'm trying to cut down on junk food." "Estoy tratando de reducir la comida chatarra".

To get into: Empezar y dedicar tiempo:

"I've gotten into gardening lately." "Últimamente me he dedicado a la jardinería".

Lifestyle, Diet & Exercise Preferences

I'd rather: Prefiero:

"I'd rather watch a movie than read a book." "Prefiero ver una película que leer un libro".

I'm not really into: No me interesan demasiado:

"I'm not really into sports." "No me gustan mucho los deportes".

I'm interested in: Me interesa:

"I'm interested in photography." "Me interesa la fotografía".

I can't stand: No soporto:

"I can't stand waking up early." "No soporto levantarme temprano".

Lifestyle, Diet & Exercise

How it benefits me...

It helps me to ...

unwind/relax... (takes away stress) ... Cooking is really relaxing and helps me unwind.

get rid of stress ... My cross-fit classes really help me get rid of stress.

disconnect ... Sculpting is very imaginative and allows me to disconnect and forget about work.

chill out / kick back ... Spending time on the boat is all about kicking back and relaxing.

recharge my batteries... Swimming in the cold water helps rejuvenates me and recharge my batteries.

challenge myself ... I run 10k races every couple months because it is a way to challenge myself.

stay sharp (mantenerte listo)... Chess club is a great way for older people stay sharp.

be/feel alert (sentirte mas alerta)... Working out in the mornings helps me feel more alert.

stay/keep up to date (mantenerte informado)... Reading news articles helps me stay up to date.

get in shape ... I am taking up yoga to get in shape.

stay/keep in shape ... Yoga helps me stay in shape.

get fit ... I'm going to start cycling to get fit.

Lifestyle, Diet & Exercise

Food Habits!



Lifestyle, Diet & Exercise

Food Habits!



Diet	Dieta
Culinary traditions	Tradiciones culinarias
Eating habits	Hábitos alimentarios
Eating out	Salir a comer
Fast food	Comida rápida
Junk food	Comida basura
Comfort food	Comida reconfortante
Gourmet lifestyle	Estilo de vida gourmet
Healthy eating	Alimentación saludable
Social dining	Comidas sociales
Vegetarianism & Veganism	Vegetarianismo y veganismo
Fasting practices	Prácticas de ayuno
Food allergies	Alergias alimentarias

Lifestyle, Diet & Exercise

Food Habits!

VERBS: To...

go on a diet	Haz dieta
watch what you eat	Cuida lo que comes
eat healthily	Come de forma saludable
eat unhealthily	Come de forma poco saludable
eat out	Come fuera de casa
order food (in a restaurant)	Pedir comida
have food delivered	Encarga comida
eat in / at home	Come en casa
make homemade recipes	Prepara recetas caseras
cook with fresh ingredients	Cocinar con ingredientes frescos

Lifestyle, Diet & Exercise

Weight Management



Lifestyle, Diet & Exercise

Weight Management

VERBS: To...



gain weight	ganar peso
put on weight	ganar peso
lose weight	perder peso
trim down	adelgazar
go on a diet	hacer dieta
exercise more	hacer más ejercicio
eat better	comer mejor
control you weight	controlar el peso

Lifestyle, Diet & Exercise

Weight Management

ADJECTIVES: To be...

overweight	sobrepeso
chubby	gordito
chunky	rechoncho
fat	gordo
obese	obeso

underweight	bajo peso
thin	delgado
skinny	flaco
bony	huesudo
anorexic	anoréxico

Lifestyle, Diet & Exercise

We don't 'practice' sport!



Lifestyle, Diet & Exercise

We don't 'practice' sport!

5 Rules for deciding which verb to use instead:

Rule 1: PLAY We use play for games that have **winners and losers**.
I **play handball** on Tuesdays with some girls from my gym.
I like **playing cards**.

Rule 2: GO We use go for other **activities (usually that we cannot do at home)**.
I usually **go dancing** with friends from work.
We are **going hiking** this weekend.

Rule 3: DO We use do for other **activities (usually individual in nature)**.
I **do yoga** early in the mornings before going to work.
Do you **do cross-fit** every Wednesday?
Did you know he **does boxing**?

Lifestyle, Diet & Exercise

We don't 'practice' sport!

5 Rules for deciding which verb to use instead:

Rule 4: We use **specific verbs** for other activities (usually individual in nature).

I **collect** old coins.

I enjoy **restoring** furniture.

I **volunteer** for an animal shelter.

He **boxes** on the weekends.

Rule 5: We **ONLY** use 'practice' when referring to specific cases:

1) **martial arts** in general: "I practice martial arts."

2) **specific skills**: "He needs to practice his defensive moves."

3) the **preparation with the objective of a performance**, such as with music, dance or a game:

"Today she's going to basketball practice."

"I have chior practice this evening."

Lifestyle, Diet & Exercise

Exercise - Outdoor Activities

GO... salir a...

Walking Caminar

Hiking Hacer senderismo

Running Correr

Cycling Ciclismo

Mountain biking Bicicleta de montaña

Skate boarding Hacer skate

Ice skating Patinaje sobre hielo

Roller blading Patinaje en línea

Canoeing Piragüismo / canotaje

Kayaking Kayak

Swimming Natación

Fishing Pescar

Lifestyle, Diet & Exercise

Exercise - Sports

PLAY... jugar al...

Volleyball Voleibol

Basketball (NOT basket) Baloncesto

Football (UK) / Soccer (US) Fútbol (Reino Unido) / Fútbol (Estados Unidos)

Baseball Béisbol

Ice hockey Hockey sobre hielo

Field hockey Hockey sobre césped

Handball Balonmano



Lifestyle, Diet & Exercise

Exercise - Sports

PLAY... jugar al...

Tennis Tennis

'Padel' Pádel

Badminton Bádminton

Racquetball (US) Raquetbol (EE. UU.)

Squash (UK) Squash (Reino Unido)

Lifestyle, Diet & Exercise

Exercise - Individual Activities

**Careful with the
pronunciation!*

DO... practicar...

***Judo** Judo

***Jujitsu** Jujitsu

Karate Karate

Taekwondo Taekwondo

Mai Tai Mai Tai

Yoga Yoga

Aerobics Aeróbic

Pilates Pilates

Zumba Zumba

Skateboarding Skate

Lifestyle, Diet & Exercise

Exercise - Working out

VERBS: To...

stretch (your muscles and joints)

do stretches

warm up

work out

lift weights

exercise/work (part of the body)

do repetitions (reps)

do aerobics

do spinning

sweat

do a cool down

cool off

estirarse (los músculos y las articulaciones)

hacer estiramientos

calentar

hacer ejercicio

levantar pesas

ejercicio/trabajo (parte del cuerpo)

hacer repeticiones (reps)

hacer aeróbicos

spinning

sudar

hacer un enfriamiento

enfriarse



Lifestyle, Diet & Exercise

Exercise - Exercises

VERBS: To do...

a workout	Hacer ejercicio
sit ups / Abs	Abdominales
push ups	Flexiones
pullups	Dominadas
squats	Sentadillas
bench press	Press de banca

Lifestyle, Diet & Exercise

Exercise - Body parts

MUSCLES:

Abs
(6-pack = cans)

Calves
Hamstrings

Quads

Biceps

Triceps

Chest

CONNECTORS:

Tendon

Ligament

Cartilage

MÚSCULOS:

Abdominales

(tabla de chocolate)

Gemelos Pantorrillas

Isquiotibiales

Cuádriceps

Bíceps

Tríceps

Pecho

CONECTORES:

Tendón

Ligamento

Cartílago

Lifestyle, Diet & Exercise

Hobbies

Reading – Enjoying books, magazines, or online articles.

Traveling – Visiting new places, both near and far.

Cooking/Baking – Preparing meals or baked goods at home.

Playing sports – Engaging in sports like football, basketball, or tennis.

Watching movies/TV shows – Relaxing with entertainment on TV or streaming platforms.

Gardening – Growing plants, flowers, or vegetables.

Photography – Taking photos for fun or as a creative activity.

Drawing/Painting – Creating art with pencils, paint, or other materials.

Listening to music – Enjoying different types of music, often while relaxing.

Playing video games – Engaging in computer or console games for entertainment.

Knitting/Crocheting – Making clothes or decorative items with yarn and needles.

Restoring old things – Working on things like cars and furniture to return them to an original or useful state.

Lifestyle, Diet & Exercise

Spanish Lifestyle!

Spain has a **vibrant** and **warm** culture. The people are **passionate**, **expressive**, and **loving**. They **prioritise family** and make time to enjoy the company of their **loved ones**, especially over food. They **live to enjoy life** and that's why they take things slowly. **They don't hold back** when celebrating **traditional festivities** and are proud of their **artistic, historic, and cultural heritage**. *

España tiene una cultura vibrante y cálida. Su gente es apasionada, expresiva y cariñosa. Priorizan la familia y dedican tiempo a disfrutar de la compañía de sus seres queridos, especialmente por encima de la comida. Viven para disfrutar de la vida y por eso se toman las cosas con calma. No se cortan a la hora de celebrar festividades tradicionales y están orgullosos de su patrimonio artístico, histórico y cultural.

Lifestyle, Diet & Exercise

Spanish Lifestyle!

FAMILY LIFE:

Most **families in Spain are nuclear** due to the aftermath of the economic crisis. **Children continue living with their parents until their early thirties**, unless they're moving abroad or have found a long-term partner to live with.

Youngsters choose not to get married or have children until their mid-30s because of their **unemployment status** or the **high cost of raising children**. When they decide to have children, it's common for grandparents to take care of their children.

Grandparents usually live independently, unless they're no longer in good health. No matter the choice of living arrangements, **families choose to live in close proximity to celebrate joyous occasions and rely on each other when hardship strikes**. Families **make it a point to meet up frequently** and most often gather around a shared meal.

Lifestyle, Diet & Exercise

Spanish Lifestyle!

La mayoría de las familias en España son nucleares debido a las consecuencias de la crisis económica. Los hijos siguen viviendo con sus padres hasta los treinta y pocos años, a menos que se vayan a vivir al extranjero o hayan encontrado una pareja estable con la que vivir.

Los jóvenes deciden no casarse o tener hijos hasta los treinta y cinco años debido a su situación de desempleo o al alto coste de criarlos. Cuando deciden tener hijos, es habitual que los abuelos se encarguen de ellos.

Los abuelos suelen vivir de forma independiente, a menos que ya no gocen de buena salud.

Independientemente de la elección de la forma de vida, las familias optan por vivir cerca para celebrar ocasiones alegres y apoyarse mutuamente cuando llegan las dificultades. Las familias se proponen reunirse con frecuencia y, en la mayoría de los casos, se reúnen en torno a una comida compartida.

Lifestyle, Diet & Exercise

Spanish Lifestyle!

WORK CULTURE:

Spaniards **work an average of 36.4 hours a week**. A typical workday in Spain starts between 8:30 A.M. to 10:00 A.M. and end by 5:00 to 8:00 P.M.

When it comes to **business etiquette**, **being late is unfashionable** and people **respect the hierarchy of command**, especially in **family-owned businesses** or when it comes to very important decisions.

Although meetings are held to convey action points, employees do ask questions or interrupt, making the meetings feel informal and last longer. Afternoon meetings are not common as it's usually lunchtime.

Overall, Spanish people emphasise **building personal relationships before making any business decisions**. It's common to **meet over lunch or dinner** before getting to business or negotiations.

When it comes to criticism or rejection, it's common to **bring it up tactfully** to avoid hurting their feelings, especially in public.

Lifestyle, Diet & Exercise

Spanish Lifestyle!

WORK CULTURE:

Los españoles trabajan una media de 36,4 horas semanales. Una jornada laboral típica en España empieza entre las 8:30 y las 10:00 y termina entre las 17:00 y las 20:00.

En lo que respecta a la etiqueta empresarial, llegar tarde no está de moda y la gente respeta la jerarquía de mando, especialmente en empresas familiares o cuando se trata de decisiones muy importantes.

Aunque las reuniones se celebran para comunicar puntos de acción, los empleados hacen preguntas o interrumpen, lo que hace que las reuniones parezcan informales y duren más. Las reuniones por la tarde no son habituales, ya que normalmente es la hora del almuerzo.

En general, los españoles hacen hincapié en la construcción de relaciones personales antes de tomar decisiones empresariales. Es habitual reunirse para comer o cenar antes de ponerse a trabajar o negociar.

Cuando se trata de críticas o rechazos, es habitual plantearlos con tacto para evitar herir sus sentimientos, especialmente en público.

Lifestyle, Diet & Exercise

Spanish Lifestyle!

SOCIAL LIFE:

If anyone knows how to **prioritise social life**, it's the Spaniards. **They make no excuses to see their loved ones** during the weekdays or the weekends.

Much of the social life **takes place outdoors**, especially in the spring and summer. It's very common for people to **meet outdoors and go for a stroll** (paseo), **play an outdoor sport**, or **socialise with their friends over tapas**.

The Spanish also have a **late-night culture**. On most nights, people don't start dinner until 10:00 P.M. On weekends you'll find Spaniards **staying up late** after dinner, **chatting the night away**.

The Spanish nightlife's full of energy and **super welcoming**. Bars and clubs **remain open until 6:00 A.M.** and it's not surprising to see them have breakfast on their way back home.

[*www.housinganywhere.com](http://www.housinganywhere.com)

Lifestyle, Diet & Exercise

Spanish Lifestyle!

SOCIAL LIFE:

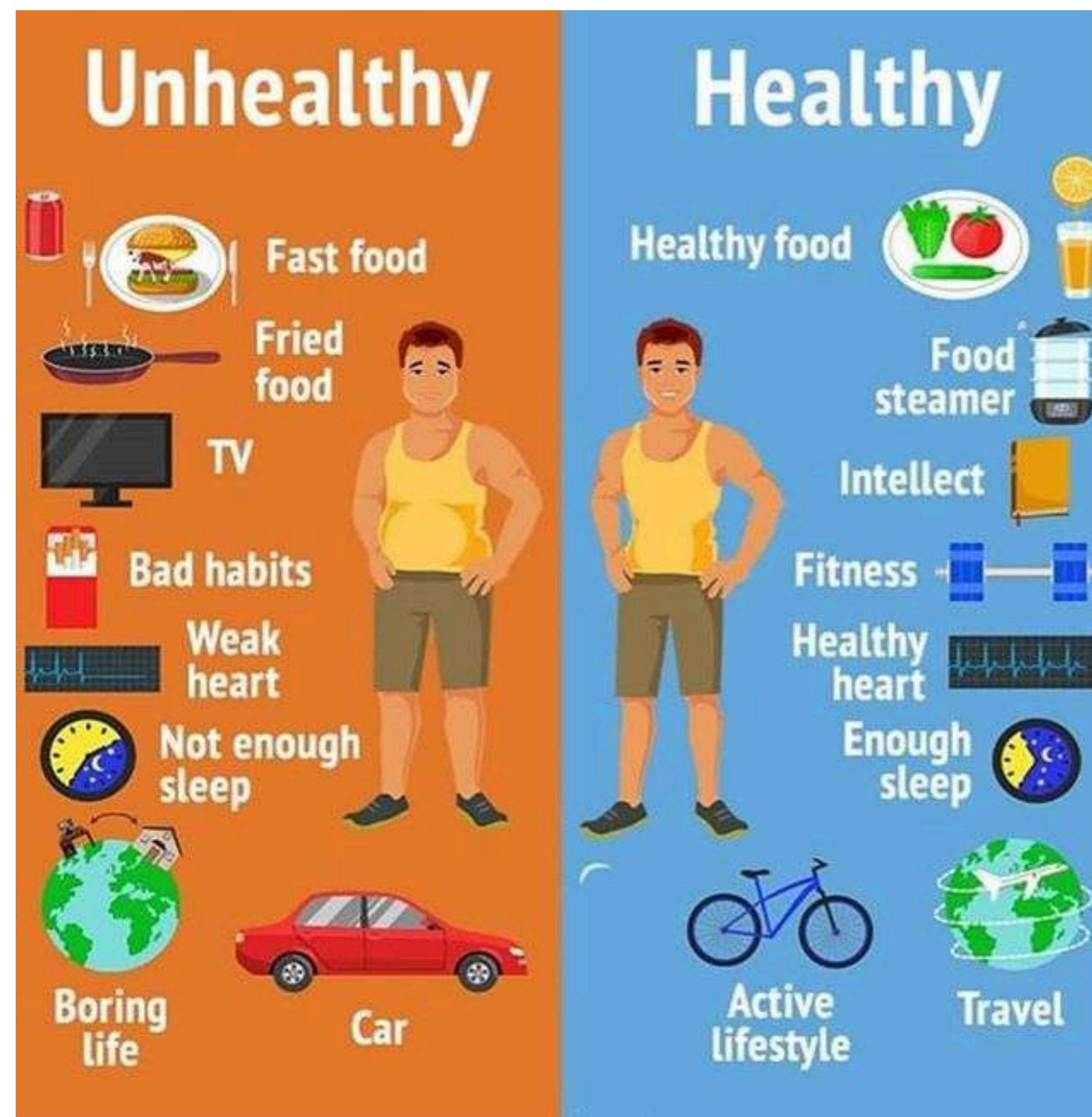
Si hay gente que sabe priorizar la vida social, son los españoles. No ponen excusas para ver a sus seres queridos durante los días laborables o los fines de semana.

Gran parte de la vida social se desarrolla al aire libre, especialmente en primavera y verano. Es muy habitual que la gente se reúna al aire libre para dar un paseo, practicar algún deporte al aire libre o socializar con sus amigos tomando unas tapas.

Los españoles también tienen una cultura nocturna. La mayoría de las noches, la gente no empieza a cenar hasta las 22:00. Los fines de semana, los españoles se quedan despiertos hasta tarde después de cenar, charlando toda la noche.

La vida nocturna española está llena de energía y es muy acogedora. Los bares y discotecas permanecen abiertos hasta las 6:00 y no es de extrañar verlos desayunando de camino a casa.

Lifestyle, Diet & Exercise



Lifestyle, **Diet** & Exercise

**“What you eat in private
will show up in public.”**

— Unknown

***“Lo que comes en privado se refleja
en público”.***



Lifestyle, Diet & Exercise



“Whenever I feel the need to exercise, I lie down until it goes away.”

—Paul Terry

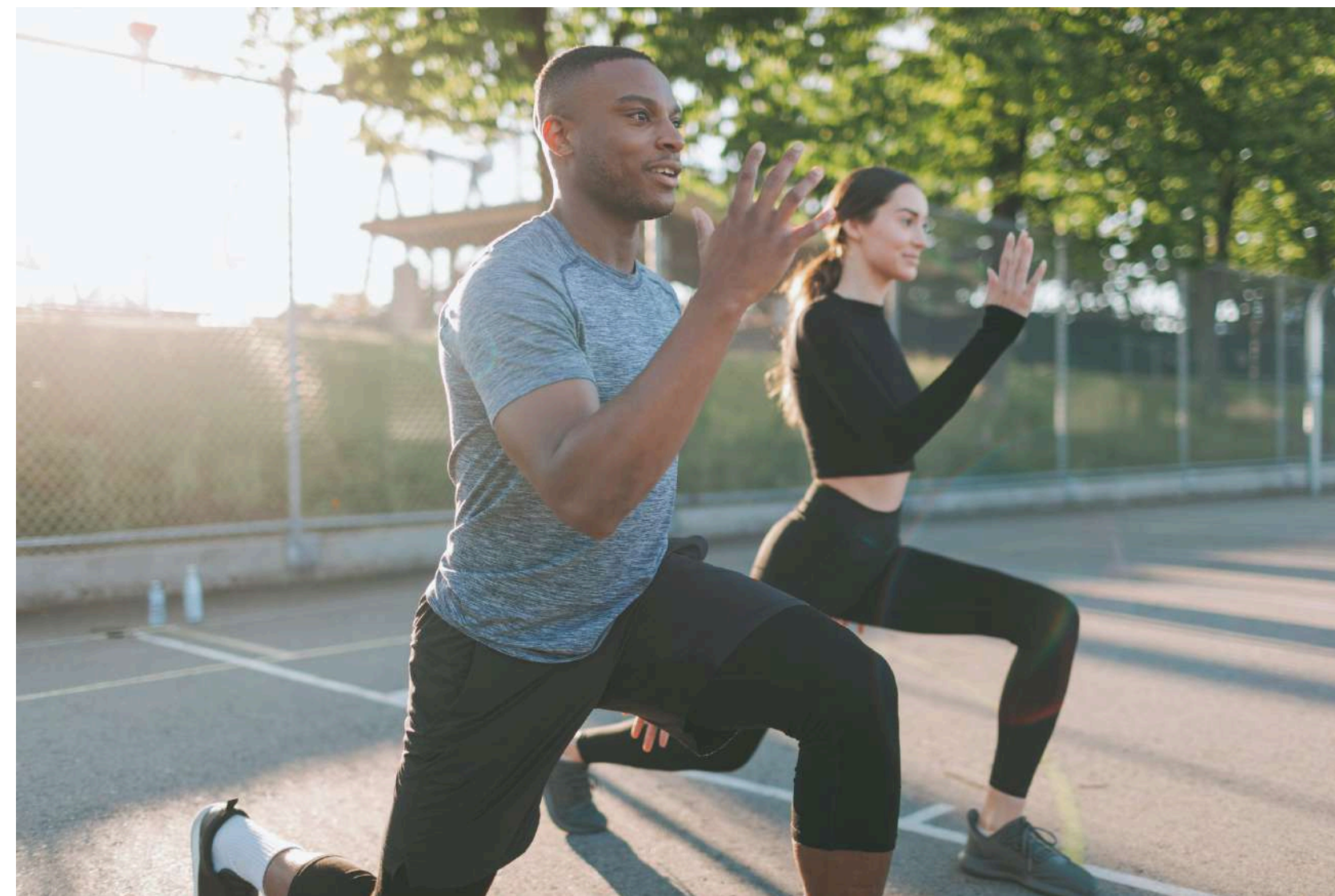
“Siempre que siento la necesidad de hacer ejercicio, me acuesto hasta que desaparece”.

Lifestyle, Diet & **Exercise**

“I have to exercise in the morning before my brain figures out what I’m doing.”

— Marsha Doble

“Tengo que hacer ejercicio por la mañana antes de que mi cerebro entienda lo que estoy haciendo”.



Lifestyle, Diet & Exercise

“Old people shouldn’t eat health foods. They need all the preservatives they can get.”

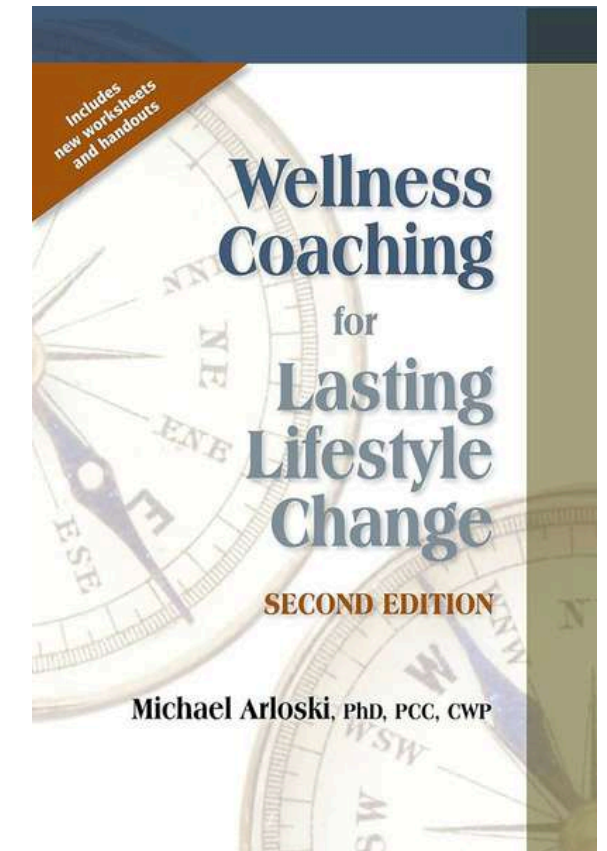
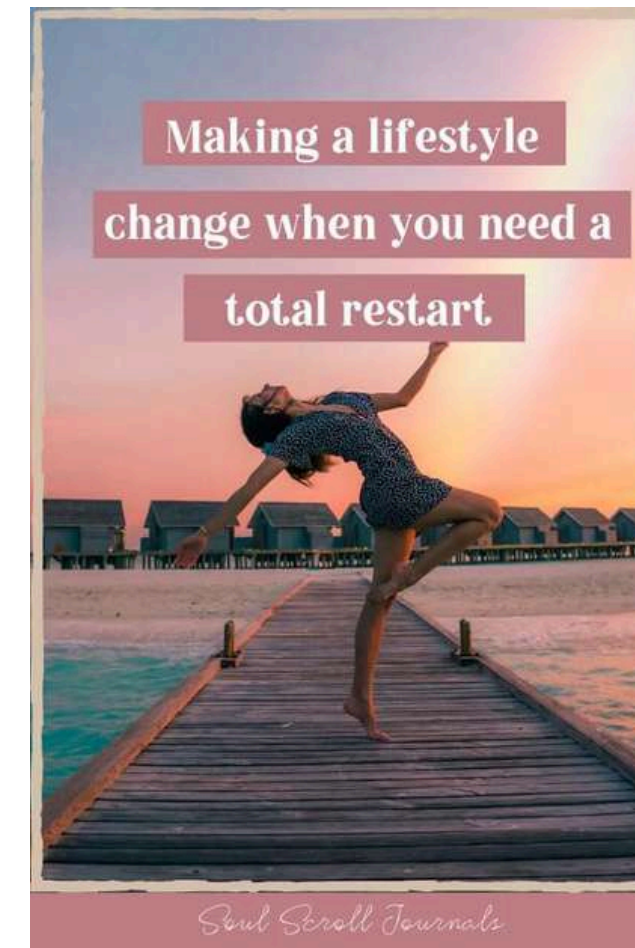
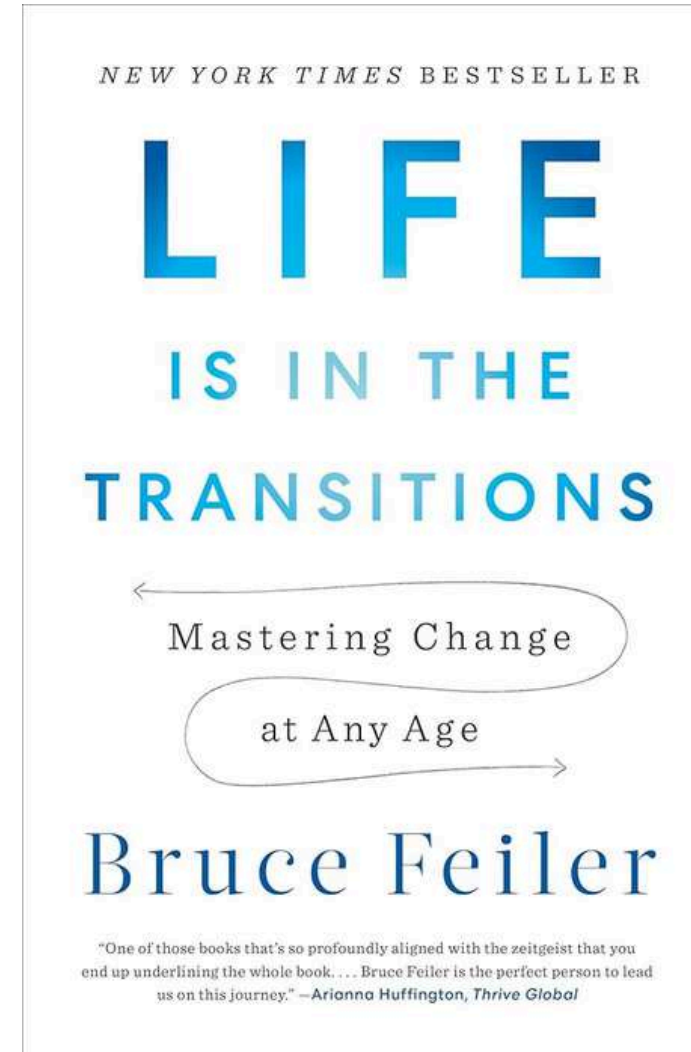
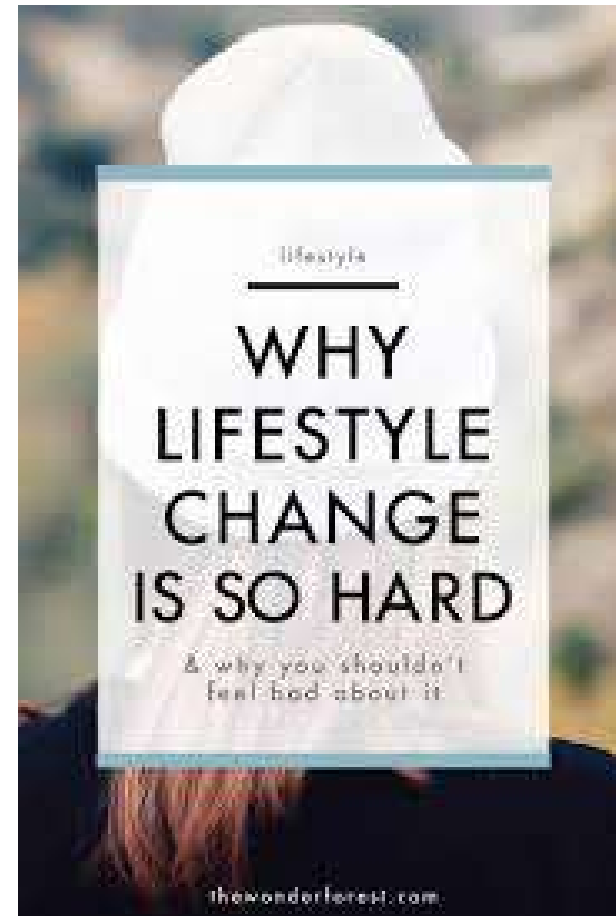
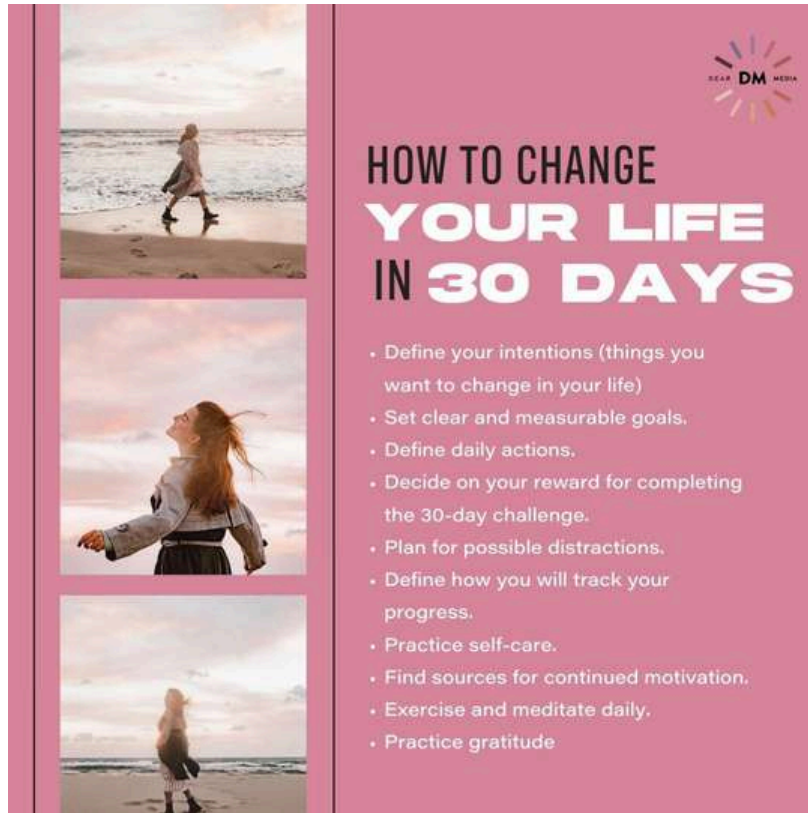
— Robert Orben

“Las personas mayores no deberían consumir alimentos saludables. Necesitan todos los conservantes que puedan conseguir”.





Lifestyle, Diet & Exercise



POLL TIME!



Lifestyle, Diet & Exercise

Poll time

1. Do you exercise regularly? / How often do you exercise?
 - a. Once a month or less.
 - b. Once every other week.
 - c. Once a week.
 - d. 2-3 times a week.
 - e. 3-4 times a week.

Lifestyle, Diet & Exercise

Poll time

- 2. What is your primary form of exercise?**
- a. I go for walks**
 - b. I go running or cycling**
 - c. I play a racket sport (padel, tennis, etc.)**
 - d. I play a team sport (football, basketball, etc.)**
 - e. I do yoga or martial arts**

Lifestyle, Diet & Exercise

Poll time

- 3. How would you describe your eating habits?**
- a. I've always eaten healthily and a balanced diet.**
 - b. I eat more healthily than I used to.**
 - c. I eat less healthily than I used to.**
 - d. I've always tended to NOT eat healthily.**

Lifestyle, Diet & Exercise Poll time

According to El Pais, Spaniards are eating fewer vegetables than they did 54 years ago. A study conducted by the Spanish Nutrition Foundation (FEN) revealed that they consume approximately 269 grams of vegetables a day, which equates to 1.3 daily servings. This is 40% less than what was consumed in 1964.

While there is a lot of boasting about the Mediterranean diet, the truth is that less than half of the country follows it. According to the Mediterranean Diet Foundation, only 45% of Spaniards have a Mediterranean diet.

Lifestyle, Diet & Exercise

Poll time

4. How does Spain compare with the other 37 countries in the OECD with respect to work-life balance, health, social connections and safety?
- a. It is higher.
 - b. It is lower.
 - c. It is about the same.

Lifestyle, Diet & Exercise

Poll time

Spain performs well in a number of well-being dimensions relative to other countries in the Better Life Index. **Spain outperforms the average in work-life balance, health, social connections and safety.** **It underperforms average in jobs, education, and life satisfaction.**

*According to the OECD (Organization for Economic Cooperation and Development) <https://www.oecdbetterlifeindex.org/countries/spain>

Lifestyle, Diet & Exercise Poll time

5. Which of the following is the most important for good health FOR YOU?
- a. Getting the right amount of sleep
 - b. Eating well-balanced meals
 - c. Making time for physical activity
 - d. Keeping a healthy body weight
 - e. Managing mental health

Lifestyle, Diet & Exercise



Grammar

Focus:

Make & Do

Make & Do

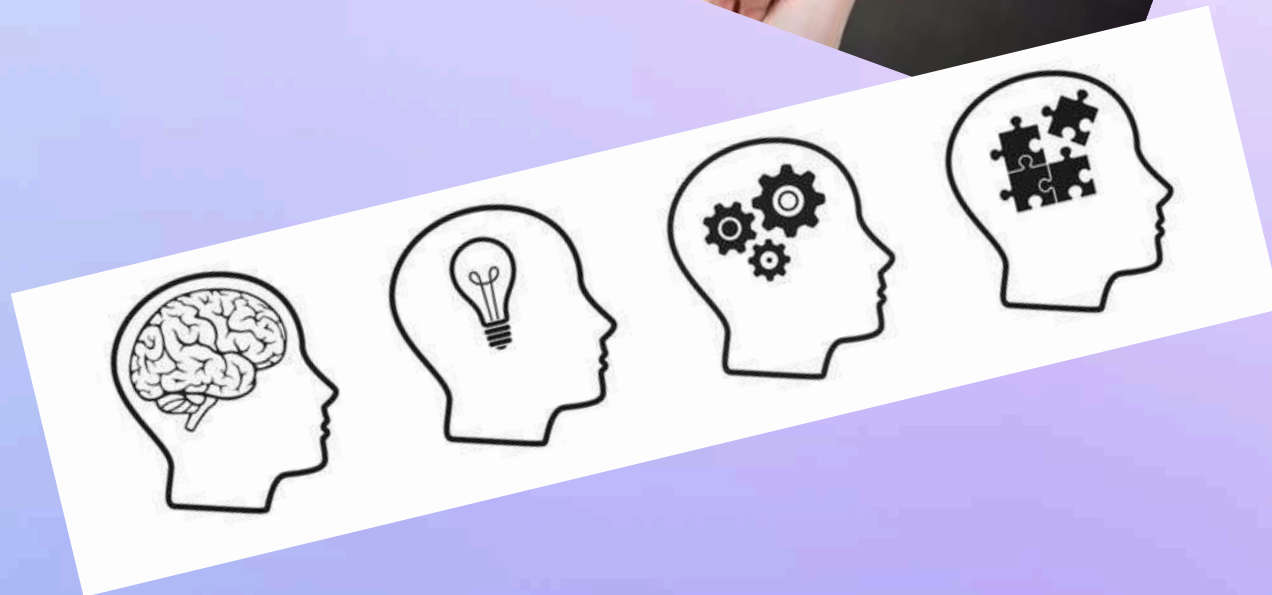
**When do I use make,
when do I use do?**

**Does it
make a
difference?**

Make vs. Do



MAKE



Make vs. Do

ESTABLISHING

CREATING

COMMUNICATING

MAKE

DECISIONS

PRODUCING

scheduling

MENTAL PROCESSES

CAUSING


INFLUENCING

Make

Creating.

Make

Creating.



Make meals / coffee / food
Make a product
Make a film / music
Make a list
Make up an excuse / story
Make a career

She loved it when I made her breakfast in bed.

They make the best Spanish ham in Jabugo.

How many films has Steven Spielberg made?

Make a list of your priorities.

Kids love to make up stories and excuses!

Maybe my kid will make a career out of telling stories.

Make

Plans. Scheduling.

Make a call

Make a reservation

Make an appointment

Make arrangements

Make plans

Make it a priority

You need to make some calls to people who can help you.

We have made a reservation for the first week of July.

Please, make an appointment for Friday.

John and Maria are making final arrangements for the wedding.

They are making plans to open a new office next year.

She made it a priority of passing her certification exam this year.

Make

Decisions. Mental process.

make a decision
make up your mind
make a choice
make a commitment
make a promise
make a purchase
make a deal
make a prediction

We made the decision to move Tim to the other department.
The waiter is coming. Quick, make up your mind what you want.
Making career choices can be difficult.
You made a commitment to volunteer for 3 months?
It's easier to make promises than to keep them.
The hospital has made several purchases for new equipment.
We hope to make a deal with them next week.
They made a prediction that Valladolid would win the League.

Make

Communicating.

Make a suggestion /complaint

Make a comment

Make a statement

Make a request

Make a report

Make a speech /presentation

Make sense

I don't want to make a complaint, only a suggestion.

Michael made the comment that he likes Stacey.

The mayor is going to make a statement about the accident.

You need to make a service request.

She had to make a report at the police station.

I will have to make a presentation at the conference.

Does all this make sense?

Make

Cause. Accomplish.

make a difference

make an impact

make it!

make something happen

make someone do something

make someone happy/sad/
angry/mad/crazy

A positive attitude really makes a difference.

The new player is making an impact.

After many years J K Rowling made it to the top.

The earthquake made the walls fall.

His friend made him do it.

Please, that noise is making me crazy!



Make

Producing.

make a discovery
make an investment
make an effort
make time (for)
make the most of...
 (time / opportunities)
make progress
make a product
make money / a profit

She made the discovery after years of experiments.
The government has made some good investments.
If you make an effort, you will improve.
I need to make time for my Christmas shopping.
He made the most of the day by studying.

They haven't made much progress with the report.
The company makes innovative products.
The company made enough money to make a profit this year.



Make

Producing.

make a mistake / a mess
make a correction / amends
make a change
make sure
make friends / enemies
make war / peace
make love

Little mistakes are ok, just try not to make the big ones!
We need to make some corrections before publishing it.
The agency has made a change in the policy.
Make sure they understand how important it is.
Honesty makes more friends than enemies.
Why can't the two sides just make peace?!
Make love, not war.

Make

Compensate.

make up

make up for something

make up with someone

make it up to someone

Can we make up the class next week?

To make up for the late delivery, I got a 15% discount.

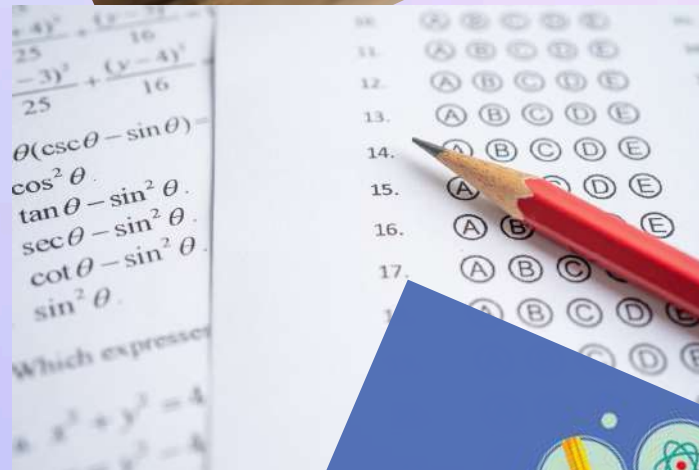
The simplest way to make up with someone is to say 'sorry'.

After forgetting their anniversary, Bret made it up to his girlfriend with a nice dinner and flowers.

Make vs. Do



DO



Make vs. Do

STUDIES

ACTIVITY

EXERCISE

DO

TESTING

VALUE

ACTION

ACADEMICS

WORK

QUALITY

Do

Activity.

What are you doing?
**Do nothing/something/
everything**
Do it all / the minimum
Just do it.

What are you doing this weekend?
You don't have to do anything else.
I'm only one person. I can't do it all.
No more excuses. Just do it.



Do

Work.

do work
do the job
do a project
do business
do an interview

What do you do? (What do you do professionally)
She will explain to you what you need to do for the job.
We are doing a project to make the process faster.
We just started to do business with them.
We are doing interviews this week for the position.

Do

Housework.

do the shopping
do the housework
do the dishes / the
wash / laundry

We have to do the shopping this weekend.
Some people don't mind doing housework.
Most people dislike doing the dishes or laundry.



Do

Academics & studies.

Do homework

Do exercises/drills

Do a test (take a test)

High school students in Finland don't do homework.

What type of exercises do we have to do in this unit?

They did some tests on his eyes last week.

Do a survey/questionnaire

Do research/experiments

Do a course (take a course)

Do a master's degree

Why don't we do a survey to determine what people really want?

Scientists have done a lot of research about smart phones and focus.

You can do a course to get certified.

After working for a couple years, he decided to do a master's degree.

Do

Exercise.

do exercise
do exercises
do yoga
do gymnastics
do routines

Doing a little bit of exercise each day helps lower stress levels.
I did some great abdominal exercises this morning.
I do yoga on Tuesdays and I do spinning on Thursdays.
She did gymnastics when she was a little girl.
He did an amazing routine that won him the gold medal.

Do

Quality. Value. Morals.

do good / right / justice
do badly / wrong / injustice
do damage / harm
do well / better / the best
do poorly / worse / the worst
do a favour

Even when tempted he did the right thing.
The tax law did injustice to the small business owners.
We know now the harm that vaping can do.
Do the very best you can.
If you do poorly on the test you can take it again.
Can you do me a favour?

Do

Beauty.

Do your makeup

Do your hair

Do your nails

It's not a good idea to do your makeup while driving.

It only takes her 5 minutes to do her hair and makeup in the morning!

Where did you get your nails done?

COMMON ERRORS & CONFUSION !!



Make vs. Do

Exceptions for typical translations of 'hacer'
(we don't usually use make or do for these):



Hacer un papel

Her testimony **played an** important **role** in the case.

Hacer una pregunta

He wants to **ask a question**.

Hacer un viaje

This summer we are going to **take a trip** to Africa.

Hacer frío/calor

It **is** really **hot** outside.

Hacer caso

Don't **pay attention** to what he is saying.

**BE
CAREFUL!**

Common ERRORS!

**BE
CAREFUL!**

MIXING UP MAKE & DO:



I'm making a master's degree right now.

I try not to do mistakes.

Can I make a question?

Common ERRORS!

**BE
CAREFUL!**

MIXING UP MAKE & DO:



I'm ~~making~~ a master's degree right now.
I'm doing a master's degree right now.

I try not to ~~do~~ mistakes.
I try not to make mistakes.

Can I ~~make~~ a question?
Can I ask a question?

Common ERRORS!

**BE
CAREFUL!**

MIXING UP MAKE & DO:



How often do you make exercise?

That department makes a significant amount of research.

What activities do you make?

Common ERRORS!

**BE
CAREFUL!**

MIXING UP MAKE & DO:



How often do you ~~make~~ exercise?

How often do you do exercise?

How often do you exercise?

That department ~~make~~s a significant amount of research.

That department does a significant amount of research.

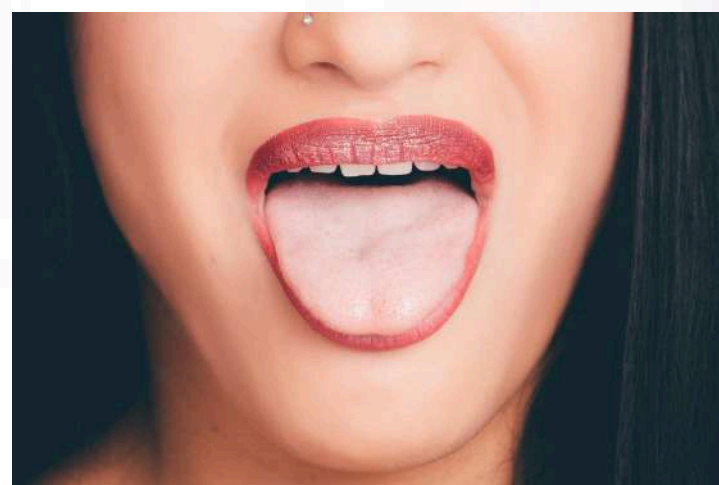
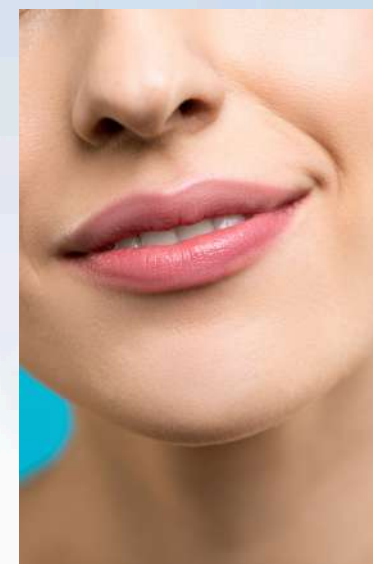
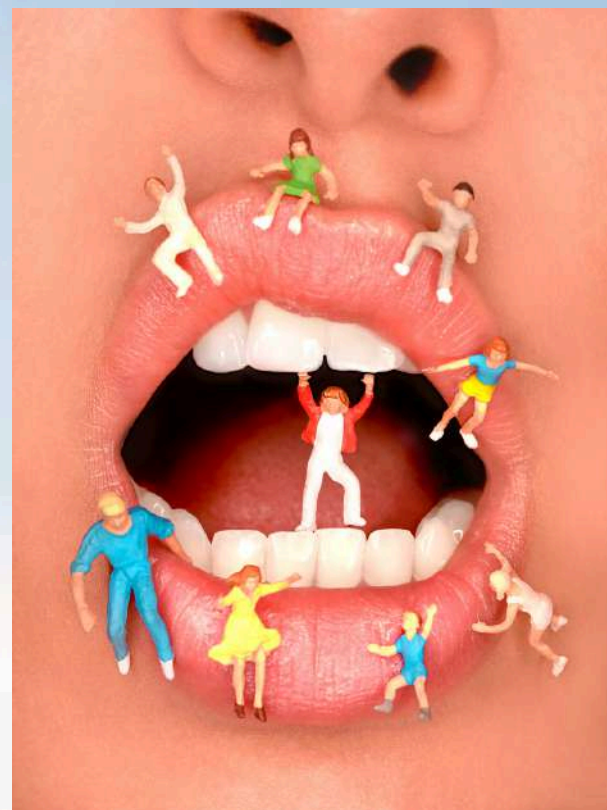
What activities do you ~~make~~?

What activities do you do?

Precise Pronunciation:



Precise Pronunciation:



Precise Pronunciation:



Precise Pronunciation:



Precise Pronunciation:

X

vs.

S



Precise Pronunciation:

X = KS

/ks/

MIDDLE

excuse
excite
expand
expect
expensive
experience
experiment
explain
express

MIDDLE

excellent
execute
exercise
expert
extra
oxygen

MIDDLE

context
galaxy
next
maximum
Mexico
Texas
text
taxi

END

Alex
axe
box
fix
Max
ox
sex
six
tax
complex

Precise Pronunciation:

X = EKS

/e+ks/

BEGINNING

Xbox

X Factor

X-ray

X-mas (= Christmas)

X-Men

Precise Pronunciation:

X = Z

/z/

BEGINNING

Xavier

Xerox

Xenon

Xenophobic

Xylaphone

Precise Pronunciation:

X = GZ

x is pronounced as

g + z

**when the stressed syllable
begins immediately after
the letter x**

**AND the x is followed by a
vowel sound**

/gz/

anxiety

auxiliary

exact / exactly

exaggerate

exam

examine

example

executive

exhaust

exist

exotic

exile

existential

exit

Precise Pronunciation:

X = GZ

x is pronounced as

g + z

**when the stressed syllable
begins immediately after
the letter x**

**AND the x is followed by a
vowel sound**

/gz/

ang-Zl-ety

aug-ZIL-iary

eg-ZACT/ex-ACT-ly

eg-ZA-gerate

eg-ZAM

eg-ZA-mine

eg-ZAM-ple

eg-ZEC-utive

eg-ZHAUST

eg-ZIST

eg-ZO-tic

EG-zile

egzi-STEN-tial

EG-zit

EXCEPTIONS:

Precise Pronunciation:

X = K+JSH
(French)

/ʒ/

Luxurious
Luxury

X = K+SH

/k+ʃ/

anxious
complexion
sexual

Precise Pronunciation:

S vs X = /s/ vs /ks/ /kgz/

ask
boss
contest
Sam
a sample
Essex
a site
spell
s-plane
mass
miss, missed
red sauce
space eggs
success
task
tacks
test

axe
box
context
exam
example
excess
excite
expel
explain
max
mix, mixed
Red Sox (socks)
Space X
Sussex
tax
taxes
text

Precise Pronunciation:

'X' Challenge:

Alex asked his boss for an axe to cut up the boxes.

The test consisted of examining the context of the text.

Alexander, from Texas, is a tax expert who is good at explaining risks.

They missed the socks box because it got mixed up with the Xbox boxes.

The executive was used to luxury cars, exotic vacations and luxurious hotels.

Giving out samples is an excellent example of exceeding customer expectations.

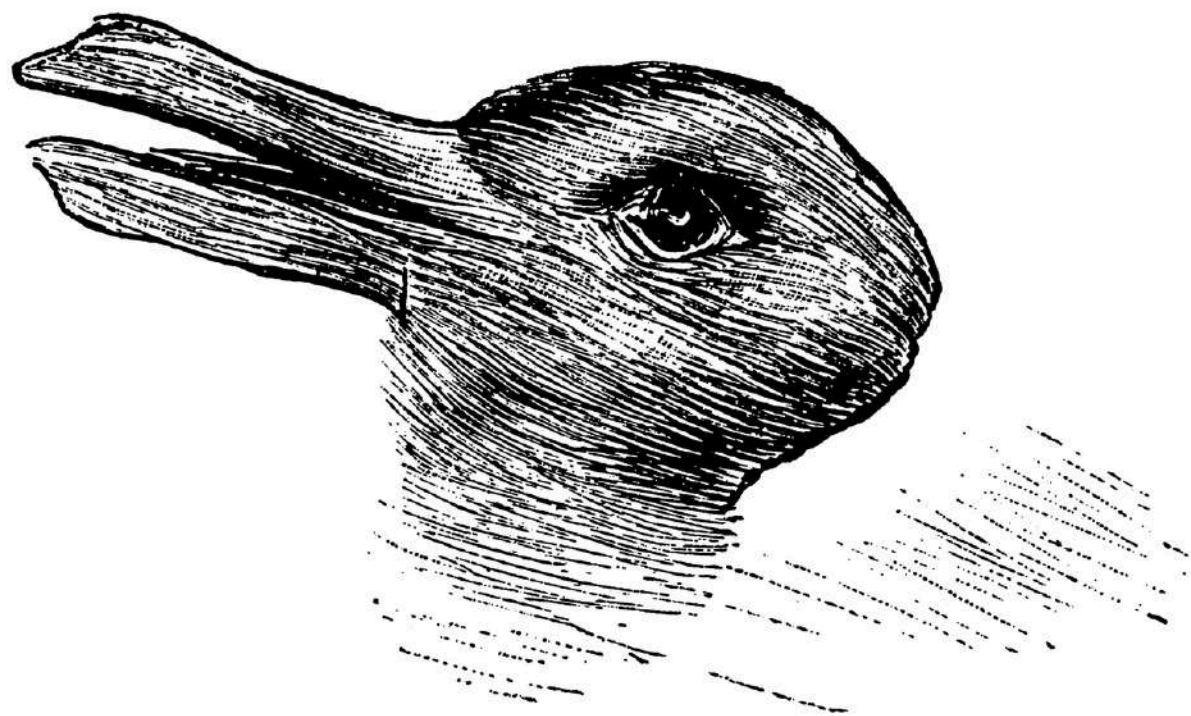
It wasn't extreme anxiety, but she felt a bit anxious before her
auxiliary verb exam.

Xavier is an expert in fixing X-ray machines, fire extinguishers
and complex oxygen tanks.

False Friends



False Friends



False Friends



=

CONFUSION!!





Spanish word:

jornada

False equivalent:

journey

= viajar de un lugar a otro,
especialmente en un
vehículo

Error: Tomorrow I will
finish my **journey** at two
o'clock and go home early.

False Friends (1)

Correct word:

**work day / game
day (sports)**

Definition:

**period of time of
working in a
particular day**



Tomorrow I will finish my
workday at two o'clock and go
home early.



Spanish word:
familiar

False equivalent:
familiar
= conocido
previamente (SOLO)

Error: We have a **familiar**
gathering every month.

False Friends (2)

Correct word:
family

Definition:
**related to the people in
one's family**



We have a **family**
gathering every month.

Common ERRORS

**BE
CAREFUL!**

Me gusta leer mientras tomar cafe.

I like reading while taking coffee.



Common ERRORS

**BE
CAREFUL!**

Me gusta leer mientras tomar cafe.

I like reading while taking coffee.



I like reading while having coffee.

I like reading while drinking coffee.



Common ERRORS

**BE
CAREFUL!**

¿Qué deportes practicas?

What sports do you practice?



Common ERRORS

**BE
CAREFUL!**

¿Qué deportes practicas?

What sports do you practice?



What sports do you do?

What type of exercise (or activities) do you do?

Common ERRORS

**BE
CAREFUL!**

Vamos a hacer un viaje.

We are going to make a travel.



Common ERRORS

**BE
CAREFUL!**

Vamos a hacer un viaje.

We are going to make a ~~travel~~.



We are going to make a trip. (with effort)

We are going to take a trip. (for fun)

We are going to go on a trip.

Discussion Questions

**What lifestyle do you live
and how does it contrast
with those around you?**

Discussion Questions

What do you usually do in your free time?

Do you prefer a busy lifestyle or a relaxed one? Why?

How do you balance work and your personal life?

What is more important to you, work or having fun? Why?

Do you think you have a healthy diet? Why or why not?

How often do you exercise, and what do you do?

What are the key factors in order to have a healthy lifestyle?

If you could change one thing about your lifestyle, what would it be?

How is Spain's culture changing the way people eat?

Discussion Questions

Can you answer these questions? ...

Lifestyle, Diet & Exercise

How do you balance work and your personal life?



Lifestyle, Diet & Exercise

**How often do you
exercise, and
what do you do?**



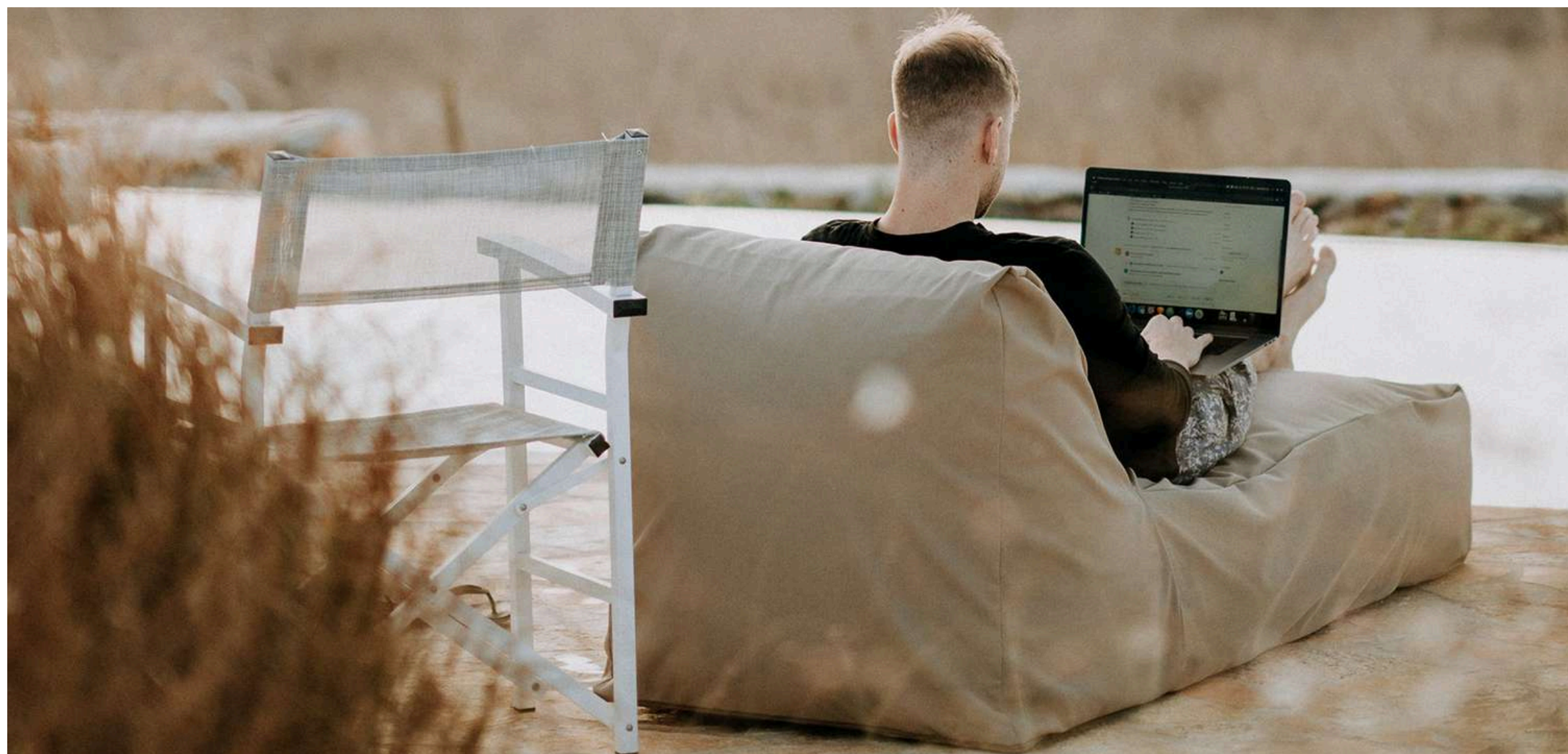
Lifestyle, Diet & Exercise

What are the key factors in order to have a healthy lifestyle?



Lifestyle, Diet & Exercise

**If you could
change one
thing about
your lifestyle,
what would it
be?**



Lifestyle, Diet & Exercise

**How is Spain's
culture
changing the
way people
eat?**



Q&A sesión















Lifestyle, Diet & Exercise

**“You’re never too old to
set another goal or to
dream a new dream.”**

— C.S. Lewis

***Nunca eres demasiado mayor
para fijar otra meta o soñar un
nuevo sueño.***



**“Work hard, be kind,
and amazing things
will happen.”
– Conan O’Brien**

Dedicate time

Work hard

Practice

Focus

Have

Dedicate time

Work hard

Practice

Focus

Have



*Thank
you!*



Brian Bolles

Escuela de Administración Pública
de Castilla y León