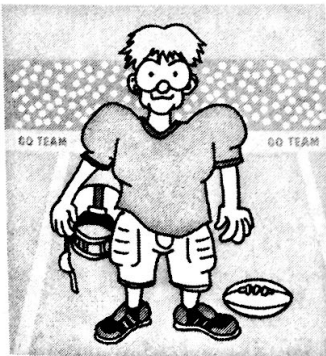


Get Moving



Play Ball!



Sometimes it may seem like it, but eating, and waiting for the bus aren't the only fun (!) activities that Americans enjoy. Americans love their sports. They play sports, and they watch sports; their kids play sports, and they watch their kids play sports... you get the idea. **Organized sports** make it easy for adults and children to join local teams and play their favorite sports **competitively**. Local towns have **sign-ups** each season for **various** teams. **Heck**, our husbands think they're superstars of the over-40 soccer team! (They still think they're 21, but that's a topic for another book.) Many companies sponsor teams, and their employees practice and play after work. On weekends, lots of people love to **catch a game**, either on TV or at the **stadium**.

Although Americans enjoy almost every sport, **major league** baseball is often considered the all-American sport. **Couch potatoes** enjoy watching every game on TV. The season's high point is the championship series between the top two professional teams. Yes, even though the teams only come from the U.S. or Canada, the championship is called the World Series.

I guess the baseball "world" is smaller than the real world.

When the seasons change, so do the sports. Soccer (yes, we know the rest of the world calls it *football*) is becoming very popular, and a **pickup game** of basketball is always fun. Some U.S. presidents even **shoot hoops** on the White House basketball court. But in the winter, Americans love their football! (Yes, we know the rest of the world calls it *American football*.) And what could be better than combining two favorites: football and food. The **concession stands** at any sports activity are always crowded. No health food here; the favorites are hot dogs, fries, hot **pretzels**, peanuts, and beer. In fact, the last football game of the season, the Super Bowl, is a hugely popular event with lots of parties and, of course, plenty of **junk food**. Yum!

DIALOGUE 1: TRACK 14

LIA: Wow, look at that guy. **He can really move!**

ALAN: What's the **big deal**? I can do that!

LIA: Ha! You want me to believe that you can run like a football player?

ALAN: You don't think I can? Of course I can! Okay, maybe I can't. But I sure could run when I was in high school. I was a star of the school track team.

LIA: Wow, you can remember all the way back to high school? Well, let's just watch the **pros**. Woo hoo! **Touchdown!**

JAE: I don't know about anyone here running, but both of you sure can eat. You're **hogging** all the snacks. If you guys don't stop **pigging out**, there won't be any left for the next half. Pass the **nachos**.

LIA: Here, **dig in**.

ALAN: Not me! I guess that's a **hint** that I should **watch my weight**, haha!

TIP 1



During the Super Bowl is the perfect time to go to a restaurant or go shopping. The place will be empty! Everyone will be home watching the game.

VOCABULARY

- ① **big deal:** something important
- ① **catch a game:** watch a game
- **competitively:** playing to win
- **concession stand:** place to buy snacks at a game

① **couch**
① **dig in:** eat &
① **he can real**
ability to run
① **heck:** anoth
• **hint:** a gentl
① **hogging:** ke
① **junk food:** fo
know you lov
• **major league**
• **nachos:** a sn
• **organized sp**
• **pickup game**
just start playin
① **pigging out:** e
• **pretzels:** a pop
twisted shape
• **pro:** profession
① **shoot hoops:** p
• **sign-ups:** wher
• **stadium:** an are
• **touchdown:** soc
• **various:** differen
• **watch one's wei**

GRAMMAR REN

Can is what we call
its base form (without
among other things)
not add the letter -s

Correct Example
I can swim/He can
I can't swim.
Can you swim?

- ① **couch potato**: someone who prefers to relax and watch TV
- ① **dig in**: eat and enjoy!
- ① **he can really move**: an expression of admiration at someone's ability to run
- ① **heck**: another exclamation; just for fun
 - **hint**: a gentle suggestion
- ① **hogging**: keeping most of something for yourself
- ① **junk food**: food that tastes great but isn't good for you (Come on, we know you love it!)
 - **major league**: professional baseball; also an idiom meaning "really important"
 - **nachos**: a snack of crispy tortilla chips, melted cheese, and salsa
 - **organized sports**: local teams that meet on a regular basis
 - **pickup game**: an unscheduled, informal game that happens when people just start playing at a park or other place
- ① **pigging out**: eating greedily
 - **pretzels**: a popular salty snack, sometimes soft, sometimes crunchy, in a twisted shape
 - **pro**: professional sports player
- ① **shoot hoops**: play basketball
 - **sign-ups**: when people join a local team
 - **stadium**: an arena, or place where a game is played
 - **touchdown**: scoring six points in football (Yes, we mean American football!)
 - **various**: different
 - **watch one's weight**: be careful about diet and avoid gaining extra pounds

GRAMMAR REMINDER 1: Modal Verbs of Ability – Can

Can is what we call a modal verb. It's followed by another "regular" verb in its base form (without any other changes made to it). *Can* is used to show (among other things) ability in the present. When you use a modal verb, do not add the letter -s on the third-person singular form.

Correct Examples:

I can swim/He can swim.

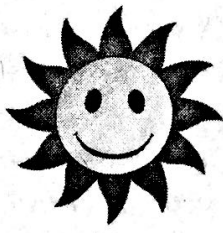
I can't swim.

Can you swim?

Not:

He cans **swim**.

He can **swims**.



Fun Fact!

Some sports events begin with eating contests! (We are not making this up.) People will see who can eat the most hot dogs or chicken wings. (*burp!*)



PRONUNCIATION POINTER

The verb *can* is pronounced **ken** or **kin** depending on the stress. This is important to make your meaning clear. Listen carefully to the dialogue to hear how the different stress affects the sound of the word.

GRAMMAR REMINDER 2: Modal Verbs of Ability— Could

To express ability (*can*) in the past, we use *could*.

Examples:

I **could** play soccer when I was young but I can't anymore.

I **couldn't** swim when I was a kid, but I learned as an adult.

Could you keep track of your finances before computers?

Members Only! Joining a Gym



So you've decided that watching TV sports is fine for Saturday afternoons, but instead of becoming a couch potato, you'd like to do something active to **stay in shape**. Maybe you prefer building muscle strength to improving your **grip** on the snack bowl... If you can't work a sports team into your schedule, you can always join a gym. There you'll find all the fitness equipment you need to **work out**. Most gyms have special pricing plans that allow you to come in as many times as you'd like. You can **do your own thing** or join classes.

You can even get a personal trainer to help with an individual plan. Many gyms even have a pool, and, of course, they all have locker rooms for changing and storing your **stuff**, as well as showers. Believe us: the people sitting next to you on the bus will be very happy you took a shower after your **workout!**

DLA
LARRY: Hi.
LIA: Yes, I'd
LARRY: Sure
as you go, I
\$5 for every
pay a flat rat
as often as yo
require an an
LIA: Sounds g
LARRY: All the
cals, all that ki
and free weigh
LIA: What class
LARRY: We hav
them. Check ou
LIA: Is there a pc
LARRY: No, but v
LIA: That's great!
LARRY: We're ope
schedule a tour fo
LIA: Hey great. Car
LARRY: Sure. Drop
Did You Spot It? There
Lots of ple facilities. Ju

DIALOGUE 2: TRACK 15

LARRY: Hi. Fitness World Gym. Larry speaking. How can I help you?

LIA: Yes, I'd like some information on your gym memberships, please.

LARRY: Sure. We have two different types of membership: You can **pay as you go**, where you pay \$5 every time you want to use the facilities and \$5 for every class you attend. Then there's the monthly plan where you pay a **flat rate** of \$45 per month. With the monthly plan, you can come in as often as you want and go to as many classes as you want. Both plans require an **annual fee**.

LIA: Sounds good. What equipment do you have?

LARRY: All the usual stuff. We have a **cardio** room with **treadmills, ellipticals**, all that **kind of stuff**; a weight room with **all sorts of** weight machines and free weights.

LIA: What classes can I take?

LARRY: We have yoga, pilates, aerobics . . . There's a **whole bunch** of them. **Check out** our website for information on the class schedules.

LIA: Is there a pool?

LARRY: No, but we do have a sauna, café, and babysitting facilities.

LIA: That's great! What about the hours?

LARRY: We're open every day from 6 a.m. to 11 p.m. Would you like me to **schedule** a tour for you?

LIA: Hey great. Can you **throw in** a free day pass too?

LARRY: Sure. **Drop in** anytime, and I'll give you a day pass.

Did You Spot It?



There's that polite phrase *I'd like* again.

TIP 2



Lots of places will give you a free day pass to try out their facilities. Just ask!



When thinking about a gym membership, remember to read the **fine print** in the contract. You may find out that there are penalties if you decide to quit before the contract is over.

VOCABULARY

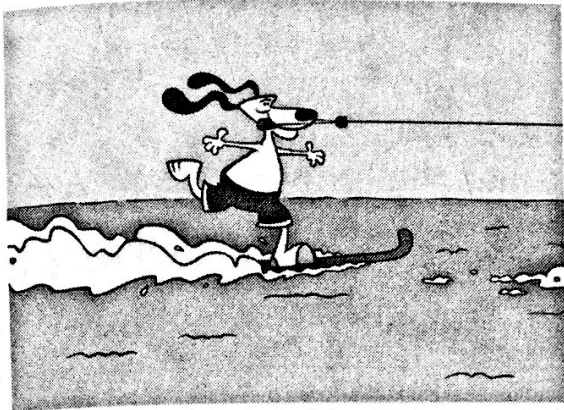
- ① **all sorts of:** a variety
- **annual fee:** a yearly fee in addition to other fees
- **cardio:** activities geared toward keeping the heart strong
- ① **check out:** look at
- ① **do your own thing:** do something independently, without a group
- **drop in (also drop by):** come in, visit
- **ellipticals:** exercise machines
- **fine print:** the small words in a contract that usually contain all the exceptions to the deal
- **flat rate:** a payment plan where one fee includes all activities
- **grip:** grasp on an object
- ① **kind of stuff:** things of a similar type
- ① **lots of:** a lot of; many
- **pay as you go:** a plan where you pay only for what you use
- **schedule:** make an appointment
- **stay in shape:** maintain (keep) a healthy body through diet and exercise
- ① **stuff:** things
- ① **throw in:** add something for free
- **treadmills:** exercise machines
- ① **whole bunch, lots of:** many
- ① **work out (v.):** exercise
- ① **workout (n.):** an exercise session



commercial operations wh
rides in a small plane over
about a soaring adventure?
scenic area. Maybe a ride i
need for a special relaxing
skydiving—just don't ask
mountain areas, you'll be al
mountain. And who doesn't
is just the thing. In many fo
above the trees. We don't k
sounding better and better

DIALOGUE 3: TRACK

LIA: Hey, do you guys **feel li**
weekend? The weather sho
ALAN: You know me; I'm **up**
LIA: Cool. My brother has a
day on the river and then go
JAE: A boat? **Count me out**
LIA: Oh, don't be such a **chi**
JAE: Seriously, if it moves on
ALAN: Okay, Lia, it looks like
think you'll be able to **handle**
LIA: What, put two pieces of
Of course I can!



Are TV sports and fitness workouts still too **tame**? If you have an **adventurous streak**, you'll be able to find something more exciting. In fact, you'll be able to find just about any exciting adventure you can imagine. How about **scuba** diving or sailing? Many rivers are perfect spots for **whitewater rafting** or **tubing** through the **rapids**. There are

commercial **operations** where you'll be able to take helicopter flights or rides in a small plane over popular **attractions**. Have you ever thought about a soaring adventure? A **glider** plane will quietly **drift** high over a scenic area. Maybe a ride in a **hot air balloon** at **dawn** is just what you need for a special relaxing experience. For the opposite of relaxation, try **skydiving**—just don't ask us to jump out of that plane with you. In some mountain areas, you'll be able to take a cable car ride to the top of the mountain. And who doesn't want to jump off a bridge? **Bungee jumping** is just the thing. In many forested areas, you'll be able to enjoy a **zipline** above the trees. We don't know about you, but a **nap** on the couch is sounding better and better . . .

DIALOGUE 3: TRACK 16

LIA: Hey, do you guys **feel like** heading up the Delaware River next weekend? The weather should be great, so we'll be able to go canoeing.

ALAN: You know me; I'm **up for** anything.

LIA: Cool. My brother has a boat on a lake nearby. We'll be able to spend a day on the river and then go waterskiing the next day.

JAE: A boat? **Count me out.** I get really seasick.

LIA: Oh, don't be such a **chicken.** It's a small boat on a small lake.

JAE: Seriously, if it moves on the water, and I'm in it, I will **throw up!**

ALAN: Okay, Lia, it looks like it's just you and me for waterskiing. Do you think you'll be able to **handle it?**

LIA: What, put two pieces of wood on my feet and **glide** across the water? Of course I can!

JAE: Sorry I won't be able to join you, though I bet it will be pretty funny to watch! Maybe I'll just watch a game on TV.

ALAN: It's **your loss!** You'll miss seeing your two friends water-ski like pros!

TIP 4



There's a reason some of these are called "extreme" sports. They can be dangerous. Companies that provide the experiences are very serious about safety **precautions**. Always follow the safety rules.

TIP 5



A gift certificate for an adventure experience is a great idea for a special holiday occasion for a very special person.

VOCABULARY

- **adventurous streak:** the part of your personality that wants excitement
- **attractions:** interesting or fun places to see
- **bungee jumping:** jumping from a very high place, connected only to an elastic cord

① **chicken:** a coward; someone who is afraid of something

① **count me in:** plan on doing something or being included in something

① **count me out:** plan on not doing something or not being included in something

- **dawn:** very early morning before sunrise

- **drift:** float

① **feel like:** want to

- **glide:** move easily

- **glider:** a special light plane with no engine that sails on air currents

① **handle it:** be able to do something

- **hot air balloon:** a balloon for traveling through the air (A basket holds the people and the balloon is powered by heated air.)

- **nap:** a short sleep

- **operations:** businesses

- **precautions:** things to do to keep safe

- **rapids:** fast-moving parts of a river

- **scuba:** self-contained underwater breathing apparatus (for the tank that supplies oxygen); deep sea diving

• skydiving: jumping from a plane
• tame: calm, easy
• throw up: a yucky (eeww)
• tubing: going down a river in a tube
• up for: ready to do something
• whitewater rafting: going down a river in a raft
• your loss: a way of saying you lost
• zipline: a cable connected to a tower

GRAMMAR REMINDER 3: for Future Ability

Can expresses ability in the present.
ability, use will be able to.

Examples:

We'll be able to go canoeing.

Do you think you'll be able to...

Usage Reminder: Feel like is a phrasal verb that means to want to do something.

• Hey, I feel like ordering a pizza.

• Yeah, I feel like a pizza, too.

MORE FUN WITH IDIOMS

Lots of idioms are based on sports from baseball:

- **hit a home run; knock it out of the park:** a great success
Susan was nervous about performing, but she knocked it out of the park!

- **the home stretch:** coming to the end
After spending all summer on the home stretch by the time the deadline came, they had almost finished.

- **a ballpark figure:** an estimate
When they started to plan the party, they had only a ballpark figure for the number of people who would come, but they had a good idea.

- **throw a curveball:** face an unexpected problem
Just when Irina thought she had a job lined up, the airline threw her a curveball when they canceled her extra suitcase.

- **skydiving**: jumping out of a plane for fun! AAAACKKK!!!
- **tame**: calm, easy
- ① **throw up**: a yucky (eeew!) phrase meaning to be sick to your stomach
- **tubing**: going down a river in a special float shaped like a tire tube
- ① **up for**: ready to do something
- **whitewater rafting**: going down a fast-moving river in a special raft
- ① **your loss**: a way of saying you'll be sorry you didn't do something
- **zipline**: a cable connected to pulleys that lets you slide across

GRAMMAR REMINDER 3: *Will Be Able to* for Future Ability

Can expresses ability in the present, and *could* is for the past. For future ability, use *will be able to*.

Examples:

We'll be able to go canoeing.

Do you think **you'll be able to** handle it?

Usage Reminder: *Feel like* is a really informal way of saying *would like* to do something.

- Hey, I **feel like** ordering a pizza. Do you want some?
- Yeah, I **feel like** a pizza, too. Count me in.

MORE FUN WITH IDIOMATIC EXPRESSIONS: Baseball

Lots of idioms are based on sports. Here are a few common ones from baseball:

- **hit a home run; knock it out of the park**: excel at some task
*Susan was nervous about performing the song in front of an audience, but she **knocked it out of the park!***
- **the home stretch**: coming to the end of a project
*After spending all summer on the business proposal, the team was in **the home stretch** by the time the deadline got close.*
- **a ballpark figure**: an estimate
*When they started to plan the party, they didn't know exactly how many people would come, but they had **a ballpark figure.***
- **throw a curveball**: face an unexpected complication
*Just when Irina thought she had all the expenses for the trip planned, the airline **threw her a curveball** by charging a fee for her extra suitcase.*

- **cover all the bases:** make sure there are no problems at any part of a project

Although she saved her project document on the hard drive of her computer, she decided to **cover all the bases** and save the project to a flash drive too.

Get Aw



Day Tripping

You've spent all that time and getting into shape. You're exhausted! It's the perfect vacation. There are vacation spots for any style and to suit all tastes. Give me a five-star fancy resort. But my buddy says to take a look at some of the camping gear. (Eeew! Bugs! Maybe you're on a tight budget.) Or you may prefer to stay right at home and do it all. Pack up the kids, the dog, and surf. Play