

PRÁCTICA 11. Reading and Writing: Promises



http://bp1.blogger.com/_BFmrOqQJI0c/R3t9w8rJq8I/AAAAAAAAADE/-u8VadoJaWY/s400/Resolutions.jpg

- What are New Year Resolutions?
- Do you make them? Why are they difficult to keep?
- Read the following text adapted from (<http://pittsburgh.about.com/od/holidays/tp/resolutions.htm>) and complete the exercises:

New Year's Eve has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes. Did your New Year resolutions make our top five list?

1. SPEND MORE TIME WITH FAMILY & FRIENDS

Recent polls conducted by the General Nutrition Center show that more than 50% of Americans vow to appreciate loved ones and spend more time with family and friends this year. Make plans to meet up with friends for an evening of camaraderie! Work shouldn't always come first!

What is a synonym in the text for...?

Get together _____ Promise _____ Companionship _____

2. FIT IN FITNESS

The evidence is in for fitness. Regular exercise has been associated with more health benefits than anything else known to man. Studies show that it reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure, and even improves arthritis. In short, exercise keeps you healthy and makes you look and feel better.

What is a synonym in the text for...?

Linked _____ Improves _____ Points directly _____

3. TAME THE BULGE

Over 66% of adult Americans are considered overweight or obese by recent studies, so it is not surprising to find that weight loss is one of the most popular New Year's resolutions. Setting reasonable goals and staying focused are the two most important factors in sticking with a weight loss program, and the key to success for those millions of Americans who made a New Year's commitment to shed extra pounds.

What is a synonym in the text for...?

lose _____ objectives _____ persevere with _____

4. QUIT SMOKING

If you have resolved to make this the year that you stamp out your smoking habit, over-the-counter availability of nicotine replacement therapy now provides easier access to proven quit-smoking aids. Even if you've tried to quit before and failed, don't let it get you down. On average, smokers try about four times before they quit for good. Start enjoying the rest of your smoke-free life! In your town, there are a variety of free support services, hotlines and smoking cessation classes to help you kick the smoking habit.

→ **Highlight all the words that mean "give up" in the text.**

5. ENJOY LIFE MORE

Given the hectic, stressful lifestyles of millions of Americans, it is no wonder that "enjoying life more" has become a popular resolution in recent years. It's an important step to a happier and healthier you! Consider one of the many holistic healing centers for products designed to bring balance to your body, mind and soul. Or just get out and try something new! Take up a new hobby or try your hand at skiing. Go to a theater performance, or head to the local spa.

What is a synonym in the text for...?

Exhausting _____ Begin _____ Attempt _____