

Intermediate 1
Unit 2 Dialog
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Keeping in Shape

keep in shape = stay fit

Mike and Dennis are talking about physical fitness and staying in shape.

physical fitness = being in shape

Dennis: To be honest with you, Mike, you'd better do something about your stomach.

Mike: Yeah, I'm starting to get a potbelly.

To be honest with you = Honestly speaking

You'd better = You had better = You should

potbelly = a fat, round stomach:

After 20 years of heavy drinking, he has a massive potbelly.

Dennis: So, why don't take up jogging?

Mike: Well, you know, I've always hated jogging.

so = therefore

take up = start, begin

jogging = running slowly; walking fast

I've = I have

hate ≠ love

hate (verb.) = dislike

→ *Robert hates spiders.*

→ *Many people in the world hate hot weather.*

hatred (noun.) = the feeling of dislike

→ *I don't understand your hatred toward wild animals.*

Dennis: How about something else, then?

Mike: I enjoy biking, but I don't like riding alone.

biking = bicycling, riding a bicycle

bike (noun.) = a bicycle

bike (verb.) = ride a bike

Dennis: Look, my friends and I bike every weekend. Would you like to join us?

Mike: Sounds great! Just tell me about the time and place.

join = to get involved in an activity or journey with another person or group

→ *I've recently joined a new football team.*

Would you like to join us? = Would you like to come with us?

Sounds great! = It seems to be excellent!

sound = look, seem, appear

Full Text:

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Dennis: To be honest with you, Mike, you'd better do something about your stomach.

Mike: Yeah, I'm starting to get a potbelly.

Dennis: So, why don't take up jogging?

Mike: Well, you know, I've always hated jogging.

Dennis: How about something else, then?

Mike: I enjoy biking, but I don't like riding alone.

Dennis: Look, my friends and I bike every weekend. Would you like to join us?

Mike: Sounds great! Just tell me about the time and place.

Sample Summary:

Dennis suggests Mike should address his increasing potbelly, and after Mike expresses his dislike for jogging, Dennis invites him to join his group for weekend biking, which Mike finds appealing and agrees to consider.

Sample Summary:

Dennis tells Mike he should do something about his growing belly. Mike agrees and says he doesn't like jogging. Dennis then asks Mike to come biking with him and his friends on the weekend, and Mike thinks it's a good idea.

BMI = Body Mass Index

Mass = How heavy a person or a thing is

$$BMI = \frac{W}{H^2}$$

W = Weight in Kilograms

H = Height in Meters

BMI Index < 18.5 → Underweight

25 ≤ BMI Index < 30 → Overweight

18.5 ≤ BMI Index < 25 → Normal

BMI Index > 30 → Obese (Too Fat)

Example:

David is 184 centimeters tall. He weighs 98 kilograms. What is his BMI Index?

$W = 98 \text{ Kg}$

$H = 1.84 \text{ m}$

$$BMI = \frac{W}{H \times H} = \frac{98}{1.84 \times 1.84} = 28.95$$

We conclude that David is overweight.

Source:

[Intermediate 1 \(anglophone.ir\)](http://anglophone.ir)