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# GOING POSITIVE

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What  
problems did  
Kayla have in  
the past?



# Kayla' problem

- 1 worried about her weight
- 2 almost went bananas
- 3 compared herself with actresses & models







**banana**

**go bananas**

**go crazy**

**top banana**

**big boss**

**second banana**

**substitute**

**banana skin**

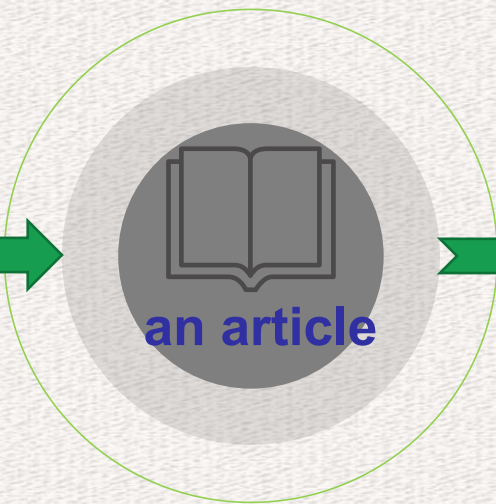
**embarrassing  
situation**



**What made her change her mind?**

**She read an article telling her to ask “Am I fit?” instead of “Am I fat?”**

**The Past**



**The Present**







Complete the outline with words and phrases from the text.

## The Present



think about  
fitness  
rather than  
weight

**The Past**  
worried about  
my weight  
and tried  
every diet I  
read about



## The Present

made a list of  
things I liked  
about myself

**The Past**  
compared  
myself with  
actresses  
and models





## Underline the words and phrases to show similarities and differences:

1

**differences**

2

**similarities**

I always wanted to look like the slim girls on TV even though I knew that it was impossible. I worried about my weight and tried every new diet I read about online. I tried no-fat, low-fat, 5: 2, only bananas, no bananas—I almost went bananas, too.

Then I read an article that said instead of asking “Am I fat?” I should be asking “Am I fit?” I had no idea a letter could make such a difference! Once I started thinking about fitness rather than weight, things began to change. Instead of saying “I want to lose three kilos” , I would say “I want to run two kilometres in eight minutes” or “I want to be able to do 30 push-ups” . Rather than cutting out the foods I enjoyed, I added healthy foods to my meals. I could still have a burger now and then, but I would add a salad or an apple.

Finally, I stopped comparing myself with actresses and models and looking for things that were wrong with my face or body. Instead, I made a list of the things I liked about myself. By being positive about myself and my body, I became both happier and healthier.



## ♥ 书面表达

假定你是高中生李华，你校的英语俱乐部举行了一次演讲比赛，内容是介绍自己如何通过适当的锻炼和饮食获得健康了的体魄。请你根据以下要点写一篇演讲稿：

- 1 Start with a general statement about the topic and your situation.
- 2 Tell the reader about how and why you changed or want to change.
- 3 Describe the changes and compare the possible results.
- 4 Tell the reader how the changes have improved or will improve your life.





1

Start with a general statement about the topic and your situation.

Hello, guys, I'm Lihua. I'm honored to have the chance to share my story of keeping fit with you. I believe many students may have similar experience with me.

Since I entered senior high school, I have so much homework to do and I was always feeling sleepy and exhausted in class. My weight kept going up all the time until someone called me "Fatty" .





2

Tell the reader about how and why you changed or want to change.

I couldn't help feeling worried about myself. So I went to my head teacher to ask for his advice. He suggested that I take a jogging for half an hour after class every afternoon. What surprised me was that he even organized a group with several of my classmates who had the same problem as mine. We keep jogging every afternoon and we enjoy each other's company and encouragement. We cut down the fat in our diet and added more fruit and vegetables to it. Most importantly, we drink water instead of sodas.



3

Describe the changes and compare the possible results.

Our efforts are not spent in vain. We stopped putting on weight and, even began to lose it. We feel more energetic and less sleepy in class. What a cheerful turn!





4

Tell the reader how the changes have improved or will improve your life.

Now I feel a lot more confident. I even won a prize in the school's sports meet. This inspires me to determine to make jogging my life-time hobby. Time permitting, I'll try more forms of sports in the future.

So guys, try some sports and you'll fall in love with them.



Try to write a speech draft with the sample above.

Hello, guys, I'm \_\_\_\_\_. I'm honored to have the chance to share my story of keeping fit with you. I believe many students may have similar experience with me.

Since I entered senior high school, (problem 1) and I was always (problem 2). (Problem 3).

I couldn't help feeling worried about myself. So (solutions). (Detail 1). (Detail 2). (Detail 3).

Our efforts are not spent in vain. We stopped \_\_\_\_\_ and even began to \_\_\_\_\_. We feel more \_\_\_\_\_ and less \_\_\_\_\_. What a cheerful turn!

Now, I (result 1). (Result 2). (Result 3). Time permitting, I'll try more forms of sports in the future.

So guys, try some sports and you'll fall in love with them.



溯恩英语

Move

Joy

Fit

张钊

