

Lesson 1

Why Exercise Is Important!

Exercise Makes Your Heart Happy

Exercise Makes Your Muscles Stronger

Exercise Makes You Flexible

Exercise Keeps You at a Healthy Weight

Exercise Makes You Feel Good

Why Exercise Is Important!

E M Y H H

E M Y M S

E M Y F

E K Y at a H W

E M Y F G

Actually _ bodies _ exercise _ fit _ healthy _ minds _ reasons _ to get right into

Why Is Important!

1. You know what exercise is, but do you know why exercise is important? It is important because it keeps people's and Without it, we would not be feeling or looking very good., there are so many why exercise is good for you. It is time it and see why it is good to be

blood _ heart _ lift _ muscle _ pumping _ relies _ weights

Exercise Makes Your Happy

2. Your heart is one hardworking part of your body, every day of your life. The heart is a, and it is the strongest muscle in your body, but it can always become stronger! Since it cannot to get stronger, it on you to do aerobic exercise.

a bit _ aerobic _ Aerobics _ blood _ bring _ carry _ cells _ efficiently _ even _ fresh _ increases _
oxygen _ repetitive _ tired _ vessels

3. is a word for needing, and exercise is any kind of activity that makes your muscles use oxygen. Aerobic exercise is, meaning it is an activity that you do over and over, to keep bringing oxygen to all of your muscles. When you do aerobic exercise and in that oxygen, your heart becomes stronger and bigger! The number of blood in your blood increases, so the blood can even more oxygen. The blood in your body even moves more easily through the All these things mean that your body works more to keep you healthy, and you can do a lot of exercise without getting

bike _ comes _ fine _ injuries _ joints _ protect _ stairs _ support

Exercise Makes Muscles Stronger

4. All the muscles in your body do a job when you use them for easy things, like picking up a book or walking down the But what about using them for harder activities, like taking long rides or climbing a tree? That is where exercise in: It makes your muscles stronger and sometimes larger. As your muscles get stronger, you can do more active things for longer periods of time. Strong muscles also help you from when you exercise, because they give better to your

active _ addition _ bend _ flexible _ get _ still _ stretch _ toes _ touch _ trouble

Exercise Makes You Flexible

5. Can you your easily? Most children are, which means that they can and their bodies without too much But as people older, they usually get less flexible; that is why it is important to exercise when you are young to stay flexible. In, when you are flexible, you can be more

burns _ calories _ extra _ fat _ fuel _ functions _ height _ nutrients _ stores _ weight

Exercise Keeps You at a Healthy

6. Every time you eat food, your body does the same thing: it uses some of the in the food as It burns these nutrients to give us energy or You need calories for all of your body's, whether it is things you think about doing, like brushing your teeth, or things you never think about doing, like breathing. But if the body is not able to use all the calories that are coming from food, it them as Exercise helps keep you at a weight that is right for your, by burning up calories. When you exercise, your body uses that extra fuel to keep you strong.

bothering _ brain _ bringing _ create _ endorphins _ excellent _ feel _ lungs _ own _ proud _
release _ words

Exercise Makes You Feel Good

7. Exercising is an way to feel happy, whether you are exercising on your or with a group. If you have had a hard day at school, or just feel unhappy, exercising can help you feel better. That is because when you exercise, your body can, chemicals that a happy feeling. In addition, when you are breathing deeply during exercise and bringing more air into your, your enjoys the extra oxygen. And when you are active and running around, sometimes it is hard to think about what was you.

8. Exercise can make you feel, too. In other, when you are stronger and you are able to do things better, you can better about yourself.

Match column A to B.

1	
exercise	cause
body	physical part of a living being
mind	practice
healthy	really, truly, in fact
actually	to start immediately
reason	strong, in good form ≠ unfit
get right into	thoughts; mental ability to think and imagine
fit	well-being ≠ ill, sick
2	
heart	a heavy object to exercise
pump	one hardworking part of your body, pumping blood every day of your life
blood	one of the parts inside your body that you use to move
muscle	the red liquid inside your body
lift	to depend on, to need
weight	to pick up, to rise
rely on	to push, to send
3	
Aerobics	a gas in the air
oxygen	a little
aerobic exercise	better ≠ inefficiently
repetitive	done over and over, done many times in the same way
fresh	needing oxygen
bring in	new, clean
even	the activity that makes your muscles use oxygen
a bit	to raise, to develop, to grow larger, to become bigger; to make bigger # to decrease, to reduce
increase	to take
carry	to take in or to carry in
blood vessel	tube that carries blood through body
more efficiently	used to emphasize
4	
fine	a set of steps between the floors of a building
stair	bicycle
bike	be involved in
comes in	harm, damage
protect	neat and delicate
injury	part of body where two bones meet
support	protection
joint	to keep safe

5	
touch	able to change without breaking
toe	always busy doing things
flexible	any of five parts at the end of your foot
bend	besides, as well
stretch	problem or difficulty
trouble	to move part of your body so that it is not straight
still	to put your arms and legs out straight as far as you can
in addition	to put your finger on sth
active	yet, up to now
6	
weight	a white or yellow material under the skin
nutrients	heaviness, how heavy sb/sth is
fuel	material burnt to produce energy
burn	more
calorie	tallness ≠ depth
function	task, duty
store	things needed to keep a living thing alive and to help it grow
fat	to keep
height	to use, to consume
extra	unit of measuring energy, unit of heat
7&8	
excellent	alone, without help
on your own	any of the two parts inside your body that you use for breathing
release	namely, that is
create	pleased about sth that you have done
lung	the organ inside your head that controls how you think, feel, and move
brain	to free, to let sth/sb come out ≠ to trap, to hold
bother	to make sth new
proud	to worry sb
in other words	very good, great, wonderful, fantastic ≠ terrible, awful

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reason	
actually	

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1 actually _ body _ exercise _ fit _ get _ healthy _ mind _ reason

He was young, good-looking, and physically
I into conversation with an English student.
I've always been perfectly until now.
Meditation involves focusing the on a single object or word.
My fingers were numb and my whole ached.
Try to fit some regular into your daily routine.
We'd like to know the why she didn't accept the job.
What time are you leaving?

2 blood _ heart _ lifted _ muscle _ pumping _ rely _ weights

Beckham has pulled a in his thigh and won't play tomorrow.
Daniel had no history of problems.
He the lid on the pot of soup.
Many working women on relatives to help take care of their children.
She has lost a lot of in the accident.
I've been lifting since I was 18.
The fire department is still floodwater out of the cellars.

3 Aerobic _ Aerobics _ bit _ carry _ efficient _ even _ fresh _ increased _ repetitive _ vessels

..... exercise is the activity that makes your muscles use oxygen.
..... is a very active type of physical exercise done for creating a need of oxygen.
He never acknowledged my letter.
His blood could not move easily through his
Let me that for you.
Lighting is now more energy
She looks a like my sister.
The population dramatically in the first half of the century.
The song was dreary and
You'll have to start again on a sheet of paper.

4 bike _ come _ fine _ injury _ joint _ protect _ stairs _ supported

A lot of old women suffer from a permanently damaged knee
Are we doing enough to the environment?
Beckham has missed several games through
Her dark hair accentuates her features.
I left my briefcase at the top of the
Let's go for a ride.
She didn't like to in on that point. So, she said nothing.
The bill was by a large majority in the Senate.

5 active _ addition _ bend _ flexible _ still _ stretch _ toe _ touch _ trouble

A spider's web can considerably without weakening.
Do you have Julie's phone number?
He stubbed his on a rock.
I've been having checking my e-mail.
Make sure you your knees, but keep your back straight.
Our new computer software is extremely
She reached out to his arm.
She's over 80, but is still very
The company provides cheap Internet access. In it makes shareware freely available.

6 burn _ extra _ fuel _ functions _ height _ nutrients _ storing _ weight

Could you get an loaf of bread?
Sam's about the same as his sister now.
Squirrels are up nuts for the winter.
Taking a brisk walk every morning is a great way to calories.
The car's performance and consumption are two important factors to buy.
The nervous system regulates our bodily
The plant absorbs from the soil.
The of her boots made it hard for Sue to run.

7 bothers _ brain _ created _ excellent _ lung _ proud _ released

Being in a crowd really me.
Her parents are very of her.
Messages from the are carried by the central nervous system.
Oil was into the sea.
Second-hand computers can be value.
Smoking can cause..... cancer.
Some people believe the universe was by a big explosion

	Verb	Noun	Adjective	Adverb	
1			هوازی	به طور هوازی	تمرینات هوازی
2		خم کردن؛ دو لا کردن؛ خم شدن	خم، خمیدگی	غیر هوازی پریپیچ و خم قابل خمیدگی، قابل انعطاف	
3		خونی کردن، خون آلود کردن	خون؛ شیر؛ نسب خونین بار	خونین؛ خونخوار	به طور خونی
4		خونریزی کردن؛ خونریزی داشتن	بدون خونریزی	بدون خونریزی؛ بی خون؛ کم خون، بی بنیه، بی رمق؛ بی عاطفه	بدون خونریزی
5		از استخوان پاک کردن	استخوان	استخوانی؛ پر استخوان بی استخوان بی استخوان شده	
6		واحد سنجس گرما، کالری		پر کالری، گرمازا	
7		بردن، بدوش گرفتن، حمل کردن	حمل کننده، حامل، مکاری؛ ترک بند		
8		هضم کردن؛ هضم شدن؛ خلاصه کردن؛ خلاصه شدن	خلاصه	قابل هضم	
9			هضم، هاضمه، گوارش	هاضم، گوارشی	
10		کارایی، کفایت، عرضه؛ بازده، بهروری، راندمان		باکفایت، بالیافت، باعرضه؛ پربازده، کارا	به طور کارایی، به طور پربازده ای
11		برتری داشتن بر، بهتر بودن از، تفوق جستن بر، پیش بودن از، سرآمد بودن	برتری، تفوق، والایی، ارجمندی، تعالی	برتر، والا، ارجمند، عالی	به طور عالی
12		جناب، عالیجناب، جنابعالی؛ سرکار علیه، حضرتعالی			
13		منقبض کردن؛ منقبض شدن؛ عضله گرفتن؛ باز و بسته کردن دست و پا	اعطاف پذیری	قابل اعطاف، اعطاف پذیر	به طور قابل اعطافی
14		تازه کردن؛ صفا دادن؛ خنک کردن؛ تازه شدن؛ خنک شدن	اوایل	تازه؛ پطراروت؛ خنک؛ بی نمک؛ شیرین؛ تازه کار	به طور تازه ای؛ به تازگی
15		ساخت گیری کردن، سوخت دادن (به)، تجدید نیرو کردن	ساخت، غذا، اغذیه		
16		عمل کردن، کنش کردن، کار کردن؛ نقش داشتن، کارکرد داشتن	نقش، وظیفه؛ منصب؛ عمل، کنش، کار، عملکرد، کارکرد؛ ضیافت، مراسم رسمی	بی عمل، بی کارکرد، بدرد نخور	
17			نقش گرایی، کارکرد گرایی نقش گرا، کارکرد گرا کارمند صاحب منصب	عملی، کارکردی، بدرد بخور	از نظر عملکرد
18		دل دادن، جرات دادن؛ تشجیع کردن؛ بدل گرفتن	قلب، دل؛ سینه؛ آغوش؛ مرکز؛ دل و جرات، رشادت؛ عاطفه؛ لب کلام، جوهر سخن		
19			سنگدلی، بی عاطفگی	سنگدل، بی رحم، بی عاطفه، بی مروت، نامهربان	بی رحمانه
20			صمیمیت، اشتیاق	قلبی، صمیمی، گرم، دوستانه؛ غذای سالم، مقوی و دلچسب	قلبا، از ته دل؛ حسابی، مفصل
21		افزایش دادن؛ افزودن؛ زیاد کردن؛ توسعه دادن؛ توانگر کردن؛ ترفیع دادن؛ افزایش یافتن؛ زیاد شدن	افزایش؛ رشد، ترقی	فزاینده، افزایش دهنده	به طور فزاینده ای
22			افزایش دهنده	قابل افزایش	
23		به هم پیوستن؛ بند بند کردن، خرد کردن، از هم سوا کردن؛ شقه کردن	مفصل، بند؛ محل اتصال، بند گاه، پیوندگاه، درز؛ لولا؛ زانوئی؛	مشترک؛ مشاع؛ توام؛ متصل	مشترکا، تواما
24				مفصل دار، بنددار، تاشو، خم شو؛ شقه	

		شده	
17	بالا بردن، بلند کردن؛ سرقت کردن؛ ترفیع دادن؛ بالا آمدن، بلند شدن؛ ترفیع یافتن	آسانسور، بالارو؛ جر ثقیل، بالا بر؛ دزدی، سرقت؛ ترقی، پیشرفت، ترفیع	
18	نام بردن، ذکر کردن، اشاره کردن	ذکر، اشاره، تذکر، یادآوری، گوشزد	
19		ماده غذایی خوراک، غذا، قوت تغذیه متخصص تغذیه	از نظر تغذیه ای
20	حفظ کردن، حفاظت کردن، حمایت کردن، حراست کردن، نیک داشتن، نگهداری کردن	حفظ، حفاظت، حمایت، حراست، نیک داشتن، نگهداری حمایت گرایی (اقتصادی)، پایش گرایی حمایت گرا، پایش گرا محافظت، پاسداشت حافظ، محافظ، حامی، نگهدار کشور تحت الحمایه؛ تحت الحمایگی	به طور حمایت آمیزی حفاظتی، حمایتی؛ حمایت آمیز
21		سربلند، سرافراز، مفتخر، پرافتخار، افتخار آفرین؛ خودپسند، مغرور، متکبر، گرانش، گردن فراز، گنده دماغ، غد	باسربلندی، با افتخار؛ مغرورانه، متکبرانه
22	تلمبه زدن؛ پمپاژ کردن؛ باد زدن	تلمبه؛ پمپ	
23	منظم کردن؛ مرتب کردن؛ نظم دادن؛ ترتیب دادن؛ سامان دادن؛ تنظیم کردن؛ میزان کردن	نظم؛ ترتیب تنظیم، ساماندهی	منظماً؛ مرتباً؛ دائماً منظم؛ مرتب؛ با قاعده؛ معین، مقرر؛ قانونی؛ عادی، معمول، دائمی تنظیمی
24	رها کردن، آزاد کردن، مرخص کردن، ترشح کردن	رهائی، آزادی، استخلاص، ترخیص، ترشح	
25	اظهار داشتن، بیان کردن، تشریح کردن، مطرح کردن؛ معین کردن، تعیین کردن	حکومت، دولت، کشور، ایالت؛ وضع، حالت، شرایط	معین، مقرر
26		اظهار؛ بیان؛ اظهاریه؛ بیانیه؛ اعلامیه؛ صورت وضعیت بی وقاری، بی شکوهی، بی تابعیتی جلال، شکوهمندی بی وقار، بی شکوه، بی دولت، بی وطن، بی تابعیت باوقار، با شکوه، شکوهمند، مجال	
27	انبار کردن؛ ذخیره کردن؛ اندوختن	انبار، مخزن؛ ذخیره، اندوخته؛ مغازه، دکان، فروشگاه ذخیره سازی	
28	کشیدن؛ امتداد دادن؛ بسط دادن؛ منبسط کردن؛ کش آمدن؛ کش آوردن؛ کش دادن؛ گشاد شدن	بسط؛ ارتجاع؛ قطعه (زمین)؛ اتساع؛ کوشش؛ خط ممند؛ دوره، مدت کش آور؛ گشاد کننده	کشی؛ کشیاف؛ کشدار کشسان؛ کشدار کش دادنی؛ گشاد شدنی
29	خلاصه کردن	خلاصه	مختصراً
30	پشتیبانی کردن، حمایت کردن	پشتیبانی، حمایت فرد یا شرکت پشتیبان یا حامی	فرعی، کمکی پشتیبان، حامی
31	زحمت دادن؛ آشفتن؛ زحمت کشیدن؛ مضطرب شدن	زحمت؛ دردسر؛ رنجوری؛ اغتشاش	پر زحمت؛ پردر سر
32	تغییر کردن؛ تغییر دادن؛ عوض کردن؛ دگرگون کردن؛ متنوع ساختن؛ تنوع دادن به	(عامل) متغیر تغییر پذیری وناگون شده، مختلف شده واپائس، اختلاف	به طور متغیری تغییر پذیر، متغیر

		مغایر؛ مختلف؛ طور دیگر	
		نسخه بدل	به طور متنوعی
		تتوع؛ گوناگونی؛ تعدد؛ نوسان تتوع؛ نوع، قسم	
33	تلف کردن، ضایع کردن، هرزدادن، به تحلیل بردن، حرام کردن، اسراف کردن؛ تلف شدن، ضایع شدن، هرز رفتن	تلف، اتلاف؛ هرز؛ بایر؛ بیکاری	به طور اسرافکارانه
		اسراف؛ ولخرجی	
		آدم ولخرج و مسرف	
		متتوع؛ گوناگون؛ مختلف؛ متعدد	

	Verb	Noun	Adjective	Adverb
1		<i>aerobics</i>	<i>aerobic</i> <i>anaerobic</i>	<i>aerobically</i>
2	<i>bend</i>	<i>bend</i>	<i>bendy</i> <i>bendable</i>	
3	<i>blood</i> <i>bleed</i>	<i>blood</i> <i>bloodiness</i> <i>bloodlessness</i>	<i>bloody</i> <i>bloodless</i>	<i>bloodily</i> <i>bloodlessly</i>
4	<i>bone</i>	<i>bone</i>	<i>bony</i> <i>boneless</i> <i>boned</i>	
5		<i>calorie</i>	<i>calorific</i>	
6	<i>carry</i>	<i>carrier</i>		
7	<i>digest</i>	<i>digest</i> <i>digestion</i>	<i>digestible</i> <i>digestive</i>	
8		<i>efficiency</i>	<i>efficient</i>	<i>efficiently</i>
9	<i>excel</i>	<i>excellence</i> <i>Excellency</i>	<i>excellent</i>	<i>excellently</i>
10	<i>flex</i>	<i>flexibility</i>	<i>flexible</i>	<i>flexibly</i>
11	<i>freshen</i>	<i>fresh</i> <i>freshness</i>	<i>fresh</i>	<i>freshly</i>
12	<i>fuel</i>	<i>fuel</i>		
13	<i>function</i>	<i>function</i> <i>functionalism</i> <i>functionalist</i> <i>functionary</i>	<i>functionless</i> <i>functional</i>	<i>functionally</i>
14	<i>hearten</i>	<i>heart</i> <i>heartlessness</i> <i>heartiness</i>	<i>heartless</i> <i>heartily</i>	<i>heartlessly</i> <i>heartily</i>
15	<i>increase</i>	<i>increase</i> <i>increaser</i>	<i>increasing</i> <i>increasable</i>	<i>increasingly</i>
16	<i>joint</i>	<i>joint</i>	<i>joint</i> <i>jointed</i>	<i>jointly</i>
17	<i>lift</i>	<i>lift</i>		
18	<i>mention</i>	<i>mention</i>		
19		<i>nutrient</i> <i>nutriment</i> <i>nutrition</i> <i>nutritionist</i>	<i>nutritious</i> <i>nutritive</i> <i>nutritional</i>	<i>nutritionally</i>
20	<i>protect</i>	<i>protection</i> <i>protectionism</i> <i>protectionist</i> <i>protectiveness</i> <i>protector</i> <i>protectorate</i>	<i>protective</i>	<i>protectively</i>
21			<i>proud</i>	<i>proudly</i>
22	<i>pump</i>	<i>pump</i>		
23	<i>regularize</i> <i>regulate</i>	<i>regularity</i> <i>regulation</i>	<i>regular</i> <i>regulatory/ regulative</i>	<i>regularly</i>
24	<i>release</i>	<i>release</i>		
25	<i>state</i>	<i>state</i>	<i>stated</i>	
26		<i>statement</i> <i>statelessness</i> <i>stateliness</i>	<i>stateless</i> <i>stately</i>	
27	<i>store</i>	<i>store</i> <i>storage</i>		

28	<i>stretch</i>	<i>stretch</i> <i>stretcher</i>	<i>stretch</i> <i>stretchy</i> <i>stretchable</i>	
29	<i>summarize</i>	<i>summary</i>	<i>summary</i>	<i>summarily</i>
30	<i>support</i>	<i>support</i> <i>supporter</i>	<i>supporting</i> <i>supportive</i>	
31	<i>trouble</i>	<i>trouble</i>	<i>troublesome</i>	
32	<i>vary</i>	<i>variable</i> <i>variability/variableness</i> <i>variance</i> <i>variant</i> <i>variation</i> <i>variety</i>	<i>variable</i> <i>varied</i> <i>variant</i> <i>various</i>	<i>variably</i> <i>variously</i>
33	<i>waste</i>	<i>waste</i> <i>wastefulness</i> <i>waster</i>	<i>wasteful</i>	<i>wastefully</i>

How to give a good speech

1.Eye Contact

2.Stance and Body Movements

3.Facial Expressions

4.Suitable Dress

5.Voice Projection

6.Audience Involvement

7.Sense of Humor

8.Controlling Nervousness

How to give a good speech

1.E C

2.S and B M

3.F E

4.S D

5.V P

6.A I

7.S of H

8.C N

audience _ below _ communication _ confidence _ embarrassment _ fear _ presentation _ public _
skill _ speech

How to Give a Good

1. Whether for an of 50 or an audience of 1, and about speaking to people can be controlled. speaking is a that everyone can learn with practice. Learn how to speak with, and make your interesting by using the power tools

react _ from time to time _ contact _ concentrate

2. Eye

- Good eye contact helps your audience feel more relaxed and builds confidence in your speaking ability. Keep eye contact by knowing your speech so well that you need to have a quick look at your notes only
- Find a few friendly faces in the audience that to your message and on giving your speech to them. Keep eye contact for four to five seconds at a time, and then move to someone else.

aware _ balance _ crossing _ distracting _ emphasize _ firmly _ gestures _ habits _ leaning _ mirror _
posture _ stance _ tapping _ unconfident _ uninterested

3. Stance and Body Movements

- Good shows confidence. Stand Too much movement can be to your listeners.
- You normally hold your arms along your sides. To main points, you'll want to use movements that are slow and careful but look natural.
- Be of you might have like your arms, against a wall, or a pen. This might also be distracting to your audience or might tell them that you are or
- Practice your speech in front of a to check your way of presentation and body movements and change them if necessary. Try many different ways to find a comfortable of to use in front of an audience.

trustworthy _ smile _ relationship _ positive _ mood _ human _ expressions

4. Facial

- Friendly facial expressions help to build a warm and with your audience. A on your face lets them know that you are and, giving them more reasons to accept your ideas.
- Expressions on your face show the of your speech and keep the audience

5. Suitable Dress

- Good choice of clothes helps you have for your audience. Before you arrive to give your presentation, ask others for their opinion on your choice of clothing and how suitable it is for the

emotionless _ pauses _ projection _ silences _ tone _ variety _ volume

6. Voice

Sometimes of voice can have a stronger effect than the message. Put feeling and energy into your voice by practicing. You can **add** to your speech by:

- raising or lowering your voice,
- changing the speed of your words to make the audience feel excited,
- using and instead of saying 'uh', 'umm', and 'you know',
- increasing and decreasing the of your voice to emphasize main points and involving the listeners,
- adding energy so that your voice will never be boring or, and
- Practicing every day and recording your voice to see where changes may be necessary.

7. Audience Involvement

- Involve your audience by asking questions, talking to them directly, and getting them interested. This helps build a relaxed relationship with your audience.
- Involve the audience by using attractive opening sentences, pictures, maps, pieces of films, or by asking for help from the audience.

atmosphere _ average _ comedian _ comfortable _ events _ excellent _ humor

8. Sense of

- The purpose of humor is not to be a but for you to create a and have fun with your audience. Humor can make the difference between an and an presentation.
- A little humor in your speech lets the audience know you are human and people actually learn more if they are having fun. Try to include personal stories or recent to add fun to your speech.

afraid _ death _ fear _ nervousness

9. Controlling

Most people are of speaking in public. They this even more than Everyone has a certain amount of nervousness when talking to a group, but the point is not to end nervousness; learn to control it.

- Just before your speech do some deep breathing exercises to relax.
- Use your nervousness to add excitement to your speech.
- Remember you were asked to talk because you had something important to say.
- Everyone wants you to succeed.

10. Speaking in public is a skill you can learn with practice. Controlling your fear and practicing the above skills in public speaking can bring you success.

1	
speech	≠ private
audience	a belief in your own ability
fear	a group of people watching or listening to sth
embarrassment	a piece of equipment or a skill that is useful for doing your job
public	a talk giving information about sth
skill	a talk, especially a formal one about a particular subject, given to a group of people
confidence	an ability to do an activity or job well
presentation	at a lower level or position than sb/sth ≠ above
communication	being afraid of sth/sb
tools	state of being ashamed of sth
below	the exchange of information
2	
contact	to focus on; to give all your attention to sth
from time to time	to behave in a particular way or to show a particular emotion because of sth that has happened or been said
react	occasionally
concentrate	communication; connection
3	
stance	≠ confident
posture	≠ interested
firmlly	a movement of your hands, arms or head to show what you feel or think
distracting	a piece of special glass that you can see yourself in
emphasize	a state in which all persons be in equal level
aware	hitting your fingers or sth quickly and lightly on sth to get someone's attention
habits	informed; conscious
crossing your arms	position; posture, a particular way of standing
leaning against a wall	putting one arm on top of the other
tapping a pen	putting your body or sth against another thing
uninterested	stance, a particular way of standing
unconfident	sth that you do regularly or usually, often without thinking
mirror	strongly; without much movement
balance	taking sb's attention away from sth
gestures	to give special importance to sth
4	
facial	a look on the face
expressions	a particular time when sth happens
positive	an expression on your face that shows happiness
relationship	being kind and friendly
smile	having high opinion for sth/sb ≠ disrespect
human	helpful; useful ≠ negative
trustworthy	link, contact; the way in which two or more things or persons are connected and affect each other
mood	made sb take part in sth
involve	of or for the face
respect	the way sth makes you feel
occasion	trusty; honest; dependable

6	
voice	≠ emotional
projection	a quality of a sound
tone	a short stop
variety	no sound
pauses	sending outward
silence	the amount of sound produced by sth
volume	the sound that you make when you speak
emotionless	to put sth different things together to make sth interesting
7&8	
attractive	first sentence
opening sentences	being funny; ability to laugh or to make people laugh
humor	a person whose job is to make people laugh; joker; humorist
comedian	≠ unattractive; unpleasant

1	
speech	
audience	
fear	
embarrassment	
public	
skill	
confidence	
presentation	
communication	
tool	
below	

2	
contact	
from time to time	
react	
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3	
stance	
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4	
facial	
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positive	
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trustworthy	
mood	
involve	
5	
respect	
occasion	

6	
voice	
projection	
tone	
variety	
pause	
silence	
volume	
emotionless	

7	
attractive	
opening sentences	
8	
humor	
comedian	

**1&2 audience _ below _ communication _ concentrate _ confidence _ contact _
embarrassment _ fears _ presentations _ public _ react _ skills _ speech _ tools**

Adrian was finding it difficult to
Collins gave the keynote
Details of courses are listed
Few people have daily with mentally disabled people.
Good is vital in a large organization.
He could not hide his at his children's rudeness.
How did Wilson to your idea?
I don't have the right to start fiddling around with the engine.
Many jobs today require computer
Our first priority is to maintain the customer's in our product.
The began clapping and cheering.
Their worst became a reality.
We have to show that publishing this story is in the **public** interest.
We will begin a series of to help the public fully understand our system.

**3 aware _ balance _ distracting _ emphasizes _ firmly _ gesture _ habit _
mirror _ posture _ stance _ unconfident _ uninterested**

I find it too to work with the television on.
I've always been in music.
I've got a good sense of and learnt to ski quite quickly.
Luke made an obscene with his finger.
Poor can lead to muscular problems.
Regular exercise is a good for kids to develop.
She was studying her reflection in the
The children should be of the danger of taking drugs.
The company is about the future.
The report the importance of improving safety standards.
We believed it.
What is your on environmental issues?

**4&5 expression _ human _ involve _ mood _ occasions _ positive _ relationship _
respect _ smile _ trustworthy**

I haven't had much to about lately.
I know that he is not enough to receive the money.
I've seen Jana with them on several
She has earned the of her fellow athletes.
The desire for joy lies deep within the spirit.
The manager was in a foul and was shouting at everyone.
They've established a better working
Try to as many children as possible in the game.
Victor's facial didn't change.
You've got to be more about your work.

6 *emotionless _ paused _ projection _ silence _ tone _ variety _ volume*

Cafe Artista offers a wide _____ of sandwiches.

Can you turn the _____ up?

He had such an _____ voice that nobody wanted to listen to him.

It was obvious from her _____ of voice that she didn't like me.

Joe _____ to consider his answer.

Nothing disturbed the _____ of the night.

Voice _____ is a key factor for speech.

7 *attractive _ comedian _ humor*

He started as a stand-up _____ .

It's vital to have a sense of _____ in this job.

Women seem to find him _____ .