**Монолог “Keeping fit”**

**Задание**  
You are going to give a talk about keeping fit. You will have to start in 1.5 minutes and will speak for not more than 2 minutes. Remember to say:  
· why a healthy lifestyle is more popular nowadays;  
· what you do to keep fit;  
· what sports activities are popular with teenagers in your region.  
You have to talk continuously.

**Примерный ответ**  
Well, now I’m going to give a talk about keeping fit and healthy lifestyle.

Healthy lifestyle is becoming more and more popular nowadays. There is a number of reasons for that but the most important reason is that people live under the press of different problems, such as social, ecological, economic and others. A person should be strong and healthy in order to overcome all difficulties. Healthy lifestyle helps people do that.

As for me, I try to keep fit in different ways. First of all, I do my morning exercises every day. In addition to it, I go to the swimming pool once or sometimes twice a week. Also, I stay away from bad habits, because I’m convinced that cigarettes, alcohol and drugs destroy both body and brain.

Well, as to other teenagers of my region, I should say that they are interested in different sports activities. They often play football and other active games on sports grounds, go to gyms and swimming pools. Besides, more and more young men become interested in martial arts, such as karate, boxing, kickboxing, judo and so on.

In conclusion, I’d like to emphasise the fact that healthy lifestyle is a “must” for modern people.