

11. One does sports to be healthy, or one needs to be healthy to do sports?

That's a tricky question. On the one hand we do sports to get into shape or to keep fit so that we do it to be healthy and to care about our physical body. But on the other hand we shouldn't do sports if we have serious health problems for example heart conditions or high blood pressure because after training it can only get worse. If you don't have any of these problems and do some kind of sport, that's great because it does you a world of good. However, there is a health problem such as obesity, which sport can really help to cope with which means to get fitter and build up your muscles instead of fat. And in addition, if you want to support motivation there are many expert fitness coaches and state-of-the-art gyms.

12. A state-of-the-art gym (Сучасний спортзал)

Today gyms are becoming more and more popular among our generation. First of all, a state-of-the-art gym should be located close to the city center where it is easy to find. To me, modern leisure center must have tennis and squash courts, a boxing ring, a basketball court and, certainly, a full-size outdoor football pitch with an athletic track. Having good sports equipment is no less important such as, for example brand new rowing machines and dumbbells for lifting weights. Also if or when you want to feel like a rock climber or just chill and relax after your personalized training programme with a highly qualified coach, there should be a high rock climbing wall, long swimming pool, jacuzzi and sauna. Beside this, I consider it is necessary to have spacious changing room with white bathrooms. And after all, it is nice to chat and watch sports in such cozy café.

13. Typical emergency situations and usual minor / major injuries.

Nowadays, unfortunately, there are a lot of emergency situations happen. And one of the most frequent as I think is a car accident which can cause plenty of injuries. If you're lucky you can suffer from some minor injuries such as cuts and bruises, but if you aren't you can for example badly hurt your head and get a concussion or break something and even be unconscious. Also a lot of unpleasant injuries happen in the sports world. Athletes often twist their ankles, pull a muscle and sprained their wrists, while training. But sometimes they can suffer from much more serious injuries for example break their legs or heels which are so painful. Moreover, you should be careful even at home because while you're cooking for instance you can burn your hand or accidentally cut yourself and lose some blood.

14. The importance of a diet and attitudes towards it.

Nowadays, there are more and more people are starting to follow a healthy diet and change their lifestyles to the better. However, at the same time, a lot of fast food outlets appear and everyday there are more of them, it seems to encourage society to have an unhealthy diet. In my opinion, having a healthy diet is crucial (мера важливо) because it`s good for our organism and makes us feel better. But a poor diet, which includes junk food, unhealthy snacks, fizzy drinks, processed food, crisps, is completely opposite thing it can cause serious health problems for example heart conditions, high blood pressure and even obesity. Instead of it better to consume organic and locally grown fruits and vegetables, cook your meals from raw ingredients, drink still water and encourage others to choose the right lifestyle.

15. When/If I am a teacher of English, I will have my students learn about participating in conversations, giving presentations, writing e-mails, blog posts and short stories, being polite and making choices. I will tell them that...

They shouldn`t worry while they`re performing or writing something by themselves, cause it`s okay to make mistakes. I will tell them how they need to use body language while giving presentation and about its structure. You need to stand in the center of the room, face the audience, use small gestures to involve your audience, but don`t point your finger directly at anyone. No less important thing is facial expression, you should make eye contact with your audience, but don`t stare at one person and of course you should be friendly and smile to show enthusiasm. So, structure. Presentation should consist of the Beginning which includes Introduction and Purpose of the presentation, then the Main part which includes Point 1, 2, 3 and the End which includes Summary and Conclusion.