

## Lesson 14: Commuting on Foot

Hi! How are you today?

Today's lesson is about "***Commuting on Foot.***"

Have fun learning English!

### Warm-up | Useful Expressions

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**Directions:** Listen and repeat.

- **commute on foot** - to go to work by walking
- **go up** - to increase
- **buck** - dollar, money (informal)
- **put aside something** - to save something or keep it available to use at a later time
- **blood pressure** - the force with which blood moves through a person's body
- **buddy (pl. buddies)** – friend/friends (informal)
- **heart attack** - a sudden painful and dangerous condition in which your heart stops beating properly

## Activity 1 | Dialogue

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**Directions:** Read the dialogue aloud with your teacher.

*Mike and Aaron are talking about the recent increase of the fuel prices.*

**Mike:** Wow! The fuel prices have **gone up** again!

**Aaron:** Yeah, I should start **putting aside** my **bucks**.

**Mike:** But how will you do that?

**Aaron:** I will **commute on foot** instead of using my car.

**Mike:** Well, that's not a bad idea!

**Aaron:** Walking doesn't only help you save money, but also keeps you healthy.

**Mike:** That's what my doctor told me too. It lowers **blood pressure** and reduces the risk of **heart attack**.

**Aaron:** It sure does!

**Mike:** Well, I'll grab my walking **buddies**, my rubber shoes!

**Aaron:** Don't forget to carry a bottle of water with you.

**Mike:** Sure, thanks for the reminder!

**Check your understanding:** Answer the following questions.

1. What happened to the fuel prices?
2. What will Aaron do to save money?
3. What did Mike's doctor say about walking?

## Activity 2 | Filling the blanks

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**Directions:** Complete the following sentences by filling the blanks with the words in the box.

1. Walking is a great way to reduce the risk of \_\_\_\_\_.
2. Dan is working overtime to earn a few extra \_\_\_\_\_.
3. He was my good \_\_\_\_\_ way back in college.
4. The insurance rates have \_\_\_\_\_ abruptly.

buddy	heart attack	go/gone up	bucks
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### Activity 3 | Free Conversation

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**Directions:** Take turns with your teacher in answering the questions

1. Which do you prefer, commuting on foot or using other means of transportation (bus, train, car, taxi)? Why?
2. How do you get to work or school?
3. Aside from health and economic reasons, what other benefits can you get from walking to work or school?
4. How much do you walk on a regular basis?
5. Do you walk for leisure or do you walk only when you need to go somewhere?