



una dieta equilibrada (a balanced diet)  
 una dieta sana (a healthy diet)  
 fumar (to smoke)  
 Evitar comer... (to avoid eating...)  
 la comida rápida (fast food)  
 baja en sal/grasa (low in salt/fat)

correr (to run)  
 nadar (to swim)  
 saltar (to jump)  
 competir (to compete)  
 ganar (to win)  
 perder (to lose)  
 entrenarse (to train)  
 bailar (to dance)

**Fitness - frases**

rápido (fast)  
 atlético (athletic)  
 activo (active)  
 fuerte (strong)  
 deportivo (sporty)

el gimnasio (gym)  
 el equipo (team)  
 el partido (match)  
 la selección (national team)  
 la clase (class)  
 un club (club)

estar en forma (to be in shape)  
 marcar un gol (to score a goal)  
 dar un paseo (to go on a walk)  
 pasear al perro (to walk the dog)  
 ser miembro (to be a member)



**Gramática - 'al' and 'del'**

In Spanish when the word "de" and "a" are followed by "el" then they combine to make one word, either "del" or "al"

EXAMPLE:

Soy el ganador **del** torneo (de + el)  
 Voy **al** partido de fútbol (a + el)



**VERBOS - jugar and hacer**

**JUGAR** = to play

(Yo) **Juego** al fútbol en el parque = I **play** football in the park  
**JUGAR** is a stem-changing verb meaning the first part of the verb sometimes changes e.g. an 'e' is added in 'juego'.

**HACER** = to do/make

(Él) **Hace** mucho ejercicio = he/she **does** lots of exercise  
**HACER** is an irregular verb in the 'yo' form e.g. 'hago' doesn't follow the same structure as regular verbs.

**JUGAR**  
 Juego = I play  
 Juegas = you play  
 Juega = he/she plays  
 Jugamos = we play  
 Jugáis = you all play  
 Juegan = they play

**JUGAR in other tenses**

jugué = I played...  
 jugó = he/she played...  
 voy a jugar = I am going to play...  
 jugaría = I/he/she would play...

**HACER**  
 Hago = I do  
 Haces = you do  
 Hace = he/she does  
 Hacemos = we do  
 Hacéis = you all do  
 Hacen = they do

**HACER in other tenses**

hice = I did...  
 hizo = he/she did...  
 voy a hacer = I am going to do...  
 haría = I/he/she would do...

When talking about sports we use:

- **jugar** for sports using balls e.g. **Juego** al baloncesto.
- **hacer** for sports not using balls e.g. **Hago** natación.



**2.2 - FITNESS AND EXERCISE**  
**¿ESTÁS EN FORMA?**



**¿Qué haces para estar en forma?**

Para llevar una vida sana... (To lead a healthy life...)  
 Para estar en forma... (To stay in shape...)  
 Para mantener mi estilo de vida sano... (To maintain my healthy lifestyle...)



- hago... (I do...)**
- ejercicio (exercise)
  - deporte (sport)
  - natación (swimming)
- monto... (I ride...)**
- en bicicleta (a bicycle)
  - a caballo (a horse)
- juego... (I play...)**
- al fútbol (football)
  - al baloncesto (basketball)



porque... (because)  
 dado que (given that)  
 puesto que (since)



tengo más energía (I have more energy)  
 me da energía (it gives me energy)  
 reduce el estrés (it reduces stress)  
 el riesgo de enfermedad es menor (the risk of getting ill is lower)  
 es importante cuidar del cuerpo (it's important to take care of your body)  
 mi corazón se siente más sano (my heart feels healthier)  
 me ayuda a cuidar mi salud mental (it helps me to look after my mental health)  
 me da tiempo para reflexionar (it gives me time to reflect)



**Gramática - stem-changing verbs**



- The stems of some verbs in Spanish can change.
- Stems are the bit of the verb before the -er, -ir or -ar ending. e.g. **tener**
- The endings follow the usual rules.
- Usually the stems in the **nosotros** and **vosotros** form do not change.

Subject	"e" changes to "ie" pensar (to think)	"o" changes to "ue" volver (to return)	"e" changes to "i" pedir (to ask for)	"u" changes to "ue" jugar (to play)
(yo)	pi <b>en</b> so	vu <b>el</b> vo	pi <b>d</b> o	ju <b>eg</b> o
(tú)	pi <b>en</b> sas	vu <b>el</b> ves	pi <b>d</b> es	ju <b>eg</b> as
(él/ella)	pi <b>en</b> sa	vu <b>el</b> ve	pi <b>d</b> e	ju <b>eg</b> a
(nosotros)	pi <b>en</b> samos	vu <b>el</b> vemos	pi <b>d</b> imos	ju <b>eg</b> amos
(vosotros)	pi <b>en</b> sáis	vu <b>el</b> véis	pi <b>d</b> ís	ju <b>eg</b> áis
(ellos/ellas)	pi <b>en</b> san	vu <b>el</b> ven	pi <b>d</b> en	ju <b>eg</b> an

**Did you know...**



In Spain, handball (balonmano) is a very popular sport, especially in the regions of Catalonia and Madrid

