

Course: Intermediate Level 2

Day 25



What is the best way to lose weight?

Have you ever been in a diet before?

EnglishMania.com

Day 25: Asking how to lose weight



Dialogue 1:

Asking a friend how he/she lost weight.

Dialogue 2:

Asking a specialist.

Dialogue 3:

Asking how to stay fit.

Dialogue 4:

Asking a close friend.

Dialogue 1: Asking a friend how he/she lost weight.

A: I don't believe it. I can hardly recognize you.

B: I know. I've changed a little, haven't I?

A: Changed a little? This is what I call a transformation.

B: It's no big deal. I just lost some weight.

A: How do you do this? It's been only 3 weeks since I last met you.

B: You don't want to know. It's a hard road to follow.

A: I'll bet it is. You are one tough girl.



Dialogue 2: *Asking a specialist.*

A: I must get in shape! And I have to do it fast!

B: Okay. We have a five week program and a two week program.

A: Tell me about the two week program.

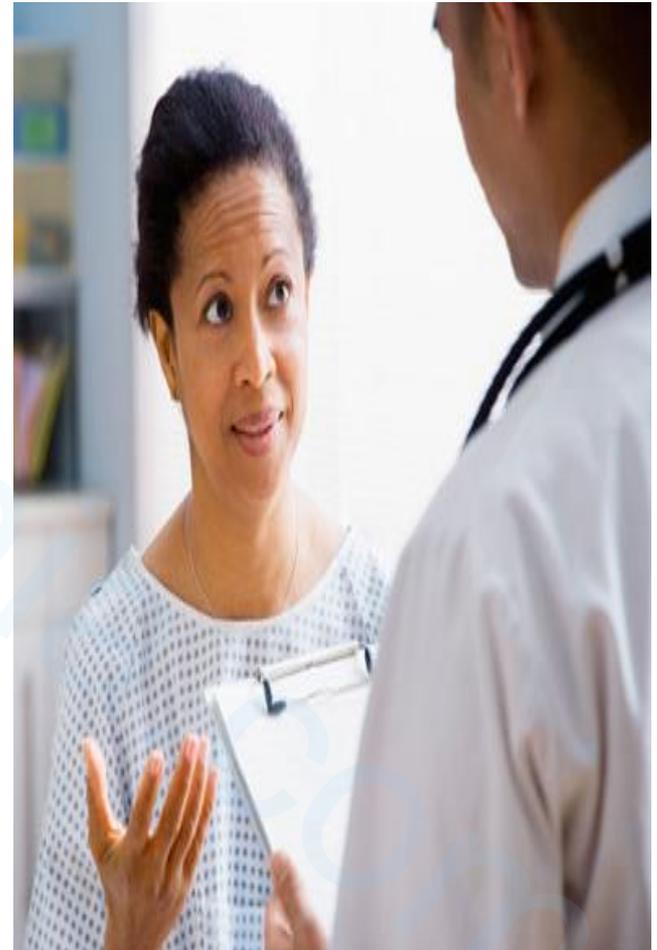
B: Well. It's an extreme course, not many succeed.

A: I'm on for the challenge.

B: Okay, then. You will eat four meals a day and exercise about 8 hours a day.

A: Four meals? Can I really lose weight eating four meals?

B: It will be four small meals.



Dialogue 3: Asking how to stay fit.

A: You look great! How do you stay in shape?

B: Well, it's no big secret. I exercise and control my diet.

A: How much do you exercise?

B: I go to a fitness center every other day. And I try to walk as much as I can.

A: What do you usually do at the fitness center?

B: I lift weights for a couple hours and run on a treadmill.

A: That's about three to four hours of exercise! No wonder you stay fit.



Dialogue 4: Asking a close friend.

A: Now, you better tell me how you lost your weight!

B: Hold on. Are you threatening me?

A: Look at you! You look great! Look at me! Aren't you going to save your friend?

B: You want to know my secret? What have you got for me?

A: You animal! I'm your friend!

B: My friend. What have you got for me?

A: Two tickets to the movies?

B: Come, my friend. I'll tell you all.



We use "How many" for questions using countable or plural objects Example: How many books do you have?

We use "How much" for questions using a non-countable or singular object Example: How much juice is left?

We use "How much" for questions asking about ONE object Example: How much does the book cost?

Choose between much and many:

1. How (much, many) weight did you lose?
2. How (much, many) people enrolled in the fitness program?
3. How (much, many) sessions should I attend to lose weight?
4. How (much, many) should I pay?

Meet Jim. He used to weight 280 lbs. He realized that his health is at risk when he suffered from hyper-tension. After 12 months, Jim's body changed from a fat boy to a slim hunk. What do you think Jim did?

Look at the sequences below each picture to get the main idea of the story. Use the words many and much in your sentences.



Jim 12 months ago



Jim after 8 months
Lose 40 lbs



Jim after 12 months
Lose 60 lbs

***Thank you for
today!***

***I'm looking forward to
seeing you again!***