



The Fitness Culture Effect

Habits, balance, and modern life—explore fitness culture vocabulary, the second conditional, and what a truly sustainable healthy lifestyle actually looks like.



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**1**

warm-up

Discuss these questions before we begin.

Question 1

What does a typical week look like for you in terms of exercise or movement?

Question 2

How do you feel when you see friends or influencers posting about their workouts online?

Question 3

What's one healthy habit you've tried to build but struggled to keep up?

Question 4

In your opinion, what's the difference between being "fit" and being "healthy"?

Question 5

How has the way people think about fitness changed since you were a teenager?



2

video comprehension

Watch “How to Live a Healthy Lifestyle for Men” before completing the exercises.

▶ Watch here: youtube.com/watch?v=nnhiq8BW2p4**Part A — True or False**

T/F	Statement
___	The presenter says a healthy lifestyle is only about diet and exercise.
___	He recommends setting clear personal goals before making other changes.
___	He suggests six to eight hours of sleep is generally enough for most people.
___	He tells viewers they need to follow a strict, restrictive diet.
___	He recommends exercising at least three to four days a week, or finding another activity you enjoy.

Part B — Fill in the Gaps**WORD BANK**

purpose · prioritize · alertness · substitute · portion

1. Having a clear sense of _____ helps motivate you to build better habits.
2. He suggests you should _____ your goals, working on the most important ones first.
3. Lack of sleep can affect your concentration and _____.
4. Instead of cutting food out completely, he recommends finding healthier ways to _____ your usual meals.
5. Choosing the right _____ sizes is one of his simple tips for eating better.



**2****video comprehension****Part C — Comprehension**

1. According to the presenter, what does a healthy lifestyle really depend on, beyond diet and exercise?

2. What does he say happens if you don't get enough sleep?

3. Why does he think many people fail to achieve their goals?

4. Do you agree with his advice to “cut the fat” — bad habits and distractions — before making other changes?

5. Which of his tips would be hardest for you to follow personally?





3 pre-reading vocabulary

Read, repeat, and master these words before reading the article.

 Match each word to its definition. Definitions are shuffled — write the correct letter in the Answer box.

#	Word	Ans	Def. Definition
1	Build a routine		A to become exhausted from doing too much for too long
2	Accountability		B trying to manage several responsibilities at the same time
3	Recharge		C doing something regularly and reliably over time
4	Comparison trap		D to reduce how much of something you do or use
5	Take a toll		E able to be continued or maintained long-term
6	Burn out		F sensible and achievable, based on real circumstances
7	Juggling		G a collection of someone's best moments, often shown online
8	Consistency		H create a regular pattern of habits you repeat often
9	Cut back on		I a sense of responsibility to keep a commitment, often to another person.
10	Sustainable		J to rest and restore your energy
11	Realistic		K the habit of judging yourself against others, usually unfairly
12	Highlight reel		L to cause gradual harm or stress over time





4 reading

Fitness Culture: Finding Your Own Version of Healthy

Open your phone on any given morning and you'll probably see it: a friend's 6 a.m. gym selfie, a step count notification, an ad for a new workout app promising to change your life in thirty days. Fitness culture is everywhere now, and for a lot of people, that's genuinely a good thing. Gyms are busier than ever. Wellness apps have made it easier to build a routine and actually stick to it. Online communities have turned exercise into something social instead of something you dread doing alone.

There's real value here. Having a clear plan — even a simple one — makes it far easier to stay consistent. A running club or a gym partner adds a layer of accountability that willpower alone often can't provide. And the mental health side matters just as much as the physical one: regular movement is one of the most reliable ways to manage stress, lift your mood, and recharge after a demanding day. For plenty of people, fitness culture has been the push they needed to finally make time for their own wellbeing — permission to prioritize themselves in a way earlier generations rarely did.

But there's a less comfortable side to this picture. When every feed is full of transformation photos and 5 a.m. workout routines, it's easy to fall into the comparison trap — measuring your own ordinary Tuesday against someone else's highlight reel. That kind of pressure can quietly take a toll. Instead of feeling motivated, people end up feeling like whatever they're doing isn't enough. Some throw themselves into extreme routines they can't realistically maintain, burn out within a few weeks, and quit altogether. Others develop a nagging guilt about missed gym days that has nothing to do with actual health and everything to do with keeping up appearances.

This is really the core tension of modern fitness culture: it sells motivation, but it can just as easily sell inadequacy. A single influencer's routine might work brilliantly for them — their job, their schedule, their body — and be completely unrealistic for someone juggling a full-time job, a family, and about six hours of free time a week. Comparing the two isn't just unhelpful; it can actively push people away from the habits that would genuinely serve them.

So what actually works? Mostly, it comes down to something far less glamorous than what shows up on social media: consistency over intensity. Someone who walks for twenty minutes most days will likely be healthier, a year from now, than someone who does one brutal workout, gets sore, and never goes back. Small, repeatable habits beat occasional heroic efforts almost every time. The people who stick with a healthy lifestyle long-term rarely talk about willpower — they talk about routine. They've built movement, decent food, and rest into their week in a way that doesn't depend on motivation showing up every single day, because let's be honest, it won't.

Balance matters just as much on the other side of the equation. Cutting back on takeout a few nights a week is sustainable. Cutting out entire food groups overnight rarely is. Getting outside for a walk during a lunch break is realistic for most schedules; committing to a demanding hour-long gym session five mornings a week, for someone already running on six hours of sleep, usually isn't. Training for two hours a day, every day, usually isn't either — and trying to force it tends to end in burnout rather than progress. The goal isn't to follow someone else's version of discipline. It's to figure out what you can actually keep doing in six months, not just this week.

Maybe the healthiest shift in how we think about fitness culture is this: it should be a personal project, not a public performance. What worked for a stranger on your screen might be completely wrong for your life, and that's fine. The version of healthy that matters is the one you can live with — the one that fits your actual schedule, your actual body, and your actual goals, not someone else's.

If there's one thing worth taking from all the noise around fitness culture, it's this: start small, stay consistent, and measure progress against your own life, not someone else's feed. That's a routine that lasts.





4

reading**Before and after reading****Part A — Prediction (before you read)**

1. What do you think are the biggest benefits of today's fitness culture?

2. What downsides or pressures might come from fitness culture on social media?

Part B — Reading for Gist

1. In one sentence, what is the main message of this article?

Part D — Vocabulary in Context

 Find these words in the article. Based on the context around them, guess what each one means — don't use a dictionary yet.

Word	Your guess
glamorous	
inadequacy	
heroic	
nagging	
reliable	
demanding	





4

reading**Part C—Phrase Gap-Fill****PHRASE BANK — 3 PHRASES ARE NOT USED**

A makes it far easier · **B** a layer of accountability · **C** fall into the comparison trap · **D** quietly take a toll ·
E consistency over intensity · **F** start small, stay consistent · **G** measure progress against your own life ·
H a personal project · **I** the only way to get fit is intensity · **J** a public performance, not a personal project ·
K willpower alone is always enough

1. Having a clear plan — even a simple one — _____ to stay consistent.
2. A running club or a gym partner adds _____ that willpower alone often can't provide.
3. When every feed is full of transformation photos, it's easy to _____ — measuring your own ordinary Tuesday against someone else's highlight reel.
4. That kind of pressure can _____.
5. Mostly, it comes down to something far less glamorous than what shows up on social media: _____.
6. If there's one thing worth taking from the noise around fitness culture, it's this: _____, and measure progress against your own life.
7. ...start small, stay consistent, and _____, not someone else's feed.
8. It should be _____, not a public performance.





4

reading**Part E—Comprehension & Part F — Language Notice**

1. What is the central argument the article makes about fitness culture?

2. What are two real benefits of fitness culture mentioned in the article?

3. Why does the article compare an influencer's routine to "someone juggling a full-time job, a family, and six hours of free time a week"?

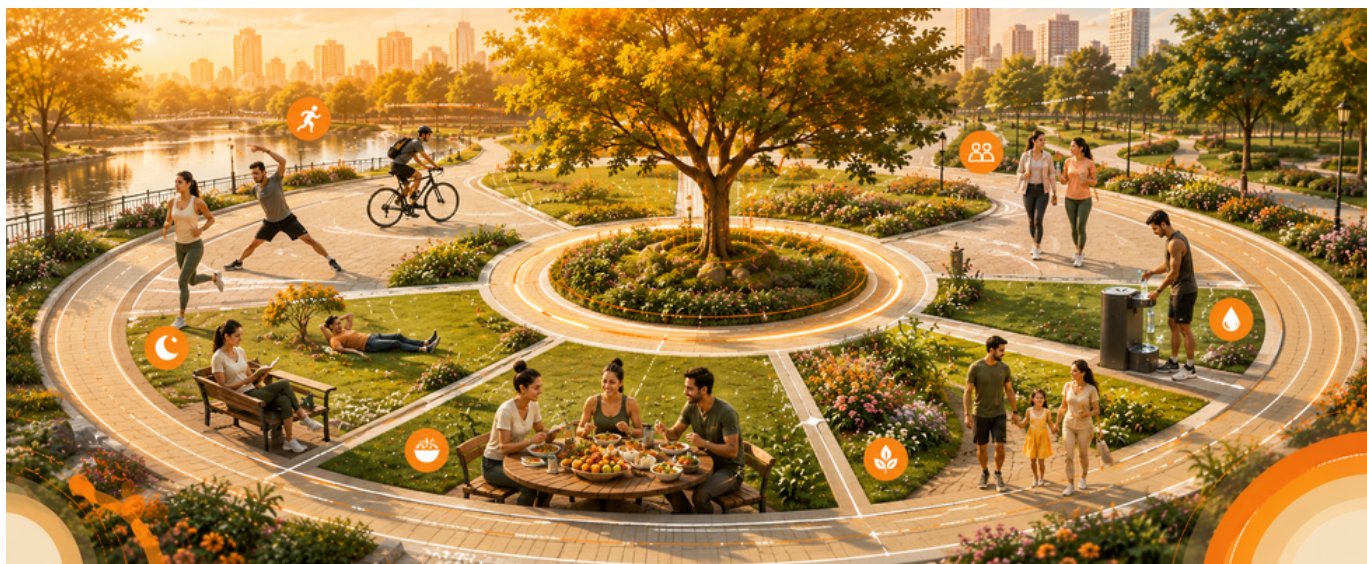
4. How does the comparison trap affect people's motivation, according to the article?

5. Do you agree that "consistency beats intensity"? Give an example.

6. Which idea in this article do you relate to the most, and why?

Part F — Language Notice

Find and underline 3 expressions or collocations in the article that you'd like to remember. Write them below, then create an original sentence using each one.





5

listening**"Three Weeks Off: A Conversation About Getting Back Into It" — Emma & Leo**

Audio: An informal conversation between two friends, Emma and Leo, about gym motivation and getting back into a routine.

Part A — Comprehension

1. Why has Emma stopped going to the gym?

2. What was Leo's trick for getting himself out the door?

3. Why did Leo stop relying on motivation?

4. What does Leo mean by "if I start negotiating, I've already lost"?

5. Whose approach would work better for you — Emma's or Leo's? Why?

Part B — Fill in the Gaps**WORD BANK**

weeks · showing up · motivation · overthink · hate

1. "I haven't been to the gym in three _____."
2. "The hard part was never joining the gym. It's _____ on a random Tuesday."
3. "I stopped waiting for _____ . It's unreliable."
4. "Same time, same days, don't _____ it."
5. "Nobody sticks with something they secretly _____ ."



6

grammar — second conditional

Talking about hypothetical situations and lifestyle choices.

Form	Use
If + past simple, subject + would + base verb	An imagined or unlikely present/future situation, and its imagined result

EXAMPLES

"If I had more time, I'd cook healthier meals." · "If people spent less time online, would they be healthier?" · "If I stopped eating so much sugar, I'd probably sleep better." · "If Emma made a plan and stuck to it, she wouldn't feel so guilty." · "What would you do if you had a personal trainer?"

Controlled Practice

1. If I ___ (have) more free time, I ___ (exercise) every day.
2. She ___ (feel) healthier if she ___ (cut back) on sugar.
3. If you (join / joined / will join) a gym, would you actually go?
4. Rewrite: "I don't have a gym membership, so I don't work out regularly." → If I _____
5. Find and correct the errors: "If I would have more energy, I will exercise more."
6. What ___ you ___ (do) if you ___ (lose) your motivation completely?
7. They ___ (not/skip) workouts so often if they ___ (build) a proper routine.





6

grammar — guided & free practice

Now use the second conditional to talk about your own life.

Guided Practice

1. Complete these sentences about your own life:

"If I had more energy, I'd ..."

"If I cut back on ____, I'd probably ..."

2. With a partner, take turns asking "What would you do if...?" questions about healthy habits (e.g. "What would you do if you had a free personal trainer for a month?").

Free Practice1. **Speaking:** Imagine your ideal healthy routine with unlimited time and money. Describe it using second conditional sentences.2. **Writing:** Write 4–5 sentences about what you'd change about your current habits if nothing was stopping you.

7

discussion

Bring together everything from the video, article, and audio.

1. What's your own experience with motivation running out?
2. Do you think social media helps or hurts people's health habits overall?
3. Leo says he replaced motivation with pure routine. Is that a realistic strategy for most people, or does it only work for certain personalities?
How does fitness culture in your own country compare to what's described in these materials?
4. If you designed your own "five basic habits for a healthy lifestyle" video, what would you include instead of — or in addition to — Daniel's five?
- 5.





Part 1 – Vocabulary Review: Choose 6 of the 12 vocabulary words from this lesson and write one original sentence for each, connected to your own life.

- If you had an extra hour every day, what would you do with it?
- What would change about your health if you slept one more hour every night?
- If your best friend asked for one piece of health advice, what would you tell them?
- Would you exercise more if it was free? Why or why not?
- If money were no object, what would your ideal healthy lifestyle look like?
- What would you do differently if no one could see or judge your choices?

Part 3 — Communication Task (20–30 min): Record a 2–3 minute voice note (or write a short reflection) describing one habit you'd change about your lifestyle if you could. Use at least 3 second conditional sentences and at least 4 vocabulary words from this lesson.

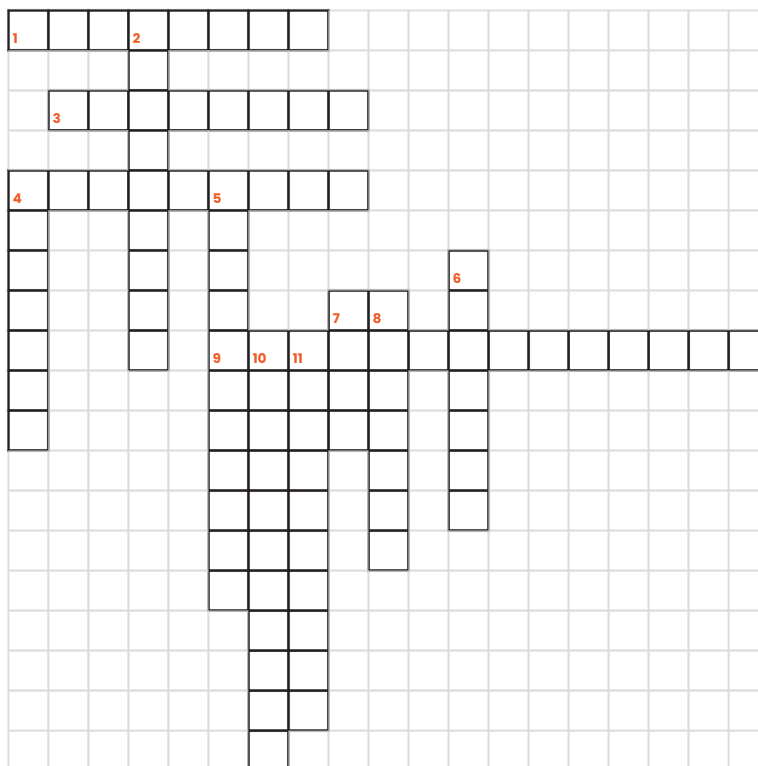




9

crossword

Use the clues below to complete the puzzle with vocabulary from this lesson.

**ACROSS**

1. Refresh (8)
2. Balancing (8)
3. Practical (9)
4. Responsibility (14)

DOWN

1. Peak (9)
2. Habit (7)
3. Maintainable (11)
4. Reduction (7)
5. Cost (4)
6. Exhaustion (7)
7. Steadiness (11)
8. Contrast (10)

**Video Reference**

This lesson's video section is based on **“How to Live a Healthy Lifestyle for Men”** by Daniel (DLA Model Lifestyle). As this is copyrighted YouTube content, we are not able to reproduce the full script here. Please watch the original video at the link below before completing Section 2.

[youtube.com/watch?v=nnhiq8BW2p4](https://www.youtube.com/watch?v=nnhiq8BW2p4)

What's covered: The presenter argues that a healthy lifestyle starts in the mind, not just the gym or the kitchen. He outlines several key habits: setting clear personal goals and cutting out the distractions that get in the way, getting six to eight hours of sleep, eating healthier versions of familiar foods rather than following a restrictive diet, and staying physically active through the gym or another activity you genuinely enjoy.

 **Audio Transcript**

Emma: Okay, so full confession — I haven't been to the gym in three weeks.

Leo: Three weeks? What happened to “new year, new me”?

Emma: New year, new me lasted about twelve days, Leo. Then work got busy and I just... stopped.

Leo: Honestly, that's most people. The hard part was never joining the gym. It's showing up on a random Tuesday when you're tired and it's raining.

Emma: Exactly! And every time I skip a day I feel this weird guilt, and then the guilt makes me not want to go even more. It's a whole cycle.

Leo: I used to be exactly like that. What actually fixed it for me was lowering the bar. Like, embarrassingly low.

Emma: What do you mean?

Leo: I stopped telling myself I had to do an hour-long workout. I told myself I just had to put my shoes on and walk out the door. That's it. That was the whole goal.

Emma: That sounds too easy to work.

Leo: That's the point. Most days, once I was out the door, I'd end up doing something. But even on the days I just walked around the block, it still counted. I wasn't breaking the habit.

Emma: Okay, but what about motivation? Some days I just have zero.

Leo: Honestly? I stopped waiting for motivation. It's unreliable. Some mornings you've got it, some mornings you really don't, and if your whole routine depends on feeling inspired, you're going to skip a lot of days.

Emma: So what do you rely on instead?

Leo: Just... routine. Same time, same days, don't overthink it. I go Monday, Wednesday, Friday, straight after work, no negotiating with myself. If I start negotiating, I've already lost.

Emma: That's very disciplined of you.

Leo: It's not discipline, it's laziness, actually. I got tired of making the decision every single day, so I just made it once and stopped deciding.

Emma: Okay, that's actually kind of genius.

Leo: The other thing that helped — I found something I don't hate. I tried running for months and dreaded every single session. Switched to cycling and suddenly showing up wasn't such a fight.

Emma: I think that's my problem. I keep doing workouts I think I *should* like instead of ones I actually do.

Leo: Yeah, nobody sticks with something they secretly hate. Doesn't matter how good it is for you on paper.

Emma: Okay, new plan. Shoes by the door, same three days a week, and I'm trying that spin class instead of forcing myself to run.

Leo: See? You'll be back before you know it.

Emma: We'll see. Ask me again in three weeks.

Leo: [laughing] Deal.



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