



Fit, Bit by Bit (Gadgets Which Help People Stay Fit).

B1-B2
Module 8

Here's What
We Will Be
Learning in this
Presentation:



Summary

- The popularity of fitness apps and gadgets.
- A glimpse of some fitness gadgets in use today.
- Exercises.

Vocabulary

Funky: fashionable in an unusual and noticeable way.

Submerge: (in this context) to go below or make something go below the surface of the sea or a river or lake.

Waterproof: not allowing water to go through.

Pace: the speed at which someone or something moves, or with which something happens or changes.

Serving: (in this context) an amount of one type of food that is given to one person.