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

B1-B2

Module 8

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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.

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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.

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