

Vocabulary

a big, fat no

Meaning: A strong and definite no.

Examples:

1. Do I like gyms? That's a big, fat no.
2. I asked her to go hiking and got a big, fat no.

in disguise

Meaning: Appearing as something else.

Examples:

1. Dancing is exercise in disguise.
2. That boring chore was fun in disguise.

work up a sweat

Meaning: To exercise enough to sweat.

Examples:

1. I work up a sweat when I dance.
2. He loves to work up a sweat at the gym.

get my heart pumping

Meaning: To do something that increases your heart rate (usually from exercise).

Examples:

1. Dancing really gets my heart pumping.
2. A fast run will get your heart pumping quickly.

out of the way

Meaning: Finished or completed early.

Examples:

1. I like to get my workout out of the way before work.
2. Let's get the meeting out of the way first.

not my cup of tea

Meaning: Not something you like or enjoy.

Examples:

1. Gym workouts are not my cup of tea.
2. Horror movies are not my cup of tea.

not for me

Meaning: I don't like it or it doesn't suit me.

Examples:

1. Gym life is not for me.
2. Running marathons is not for me.

Vocabulary Quiz

Complete the sentences with the vocabulary from the lesson:

**in disguise • not my cup of tea • get my heart pumping •
out of the way • work up a sweat • not for me • a big, fat no**

1. Do I like lifting weights? That's ___!
2. Dancing is exercise ___ — you don't even notice you're working out.
3. I love to ___ when I go for a run.
4. Climbing stairs really helps ___.
5. I like to get my morning walk ___ before breakfast.
6. Yoga is ___ — I prefer more active sports.
7. Group classes are ___ —I prefer solo workouts.

Stacy / Australia 

Do you like working out in gyms?

Hi, I'm Stacy. I am Australian, and I live in Scotland. And my question is, do I like working out in gyms?

And the answer is **a big, fat no**. I hate it. I have had probably three or four gym memberships in the last 20 years, and I've not really used any of them. I canceled them because I was just wasting my money.

It's very hard to feel motivated to go to the gym when you actually do get there. I just find it really boring. I don't like working out on equipment that other people have sweated on, and I don't like doing those kinds of exercise classes. I find them kind of boring.

I'm a dancer, so to me, dancing is my exercise, and I love it. So it's exercise **in disguise**. I **work up a sweat**, I **get my heart pumping**, and I much prefer that than a gym membership.

It's just, it's **not for me**. I think for some people they love it and it works, especially if you work somewhere very close to the gym or you get your gym workout done before work, and then you've done it for the day and it's **out of the way**.

But it's just **not my cup of tea, not for me**.

Quiz

Answer the following questions about the interview.

1) How does she feel about gyms?

- a) She loves them.
- b) She hates them.**

2) What does she like to do for exercise?

- a) Dancing**
- b) Lift weights

3) What does she like to do?

a) Work out alone

b) Work up a sweat

Corporate Terminology

Get to Grips With

Meaning: To start to understand or deal with a difficult situation

Example: “It took me a while to get to grips with the new software, but now I’m starting to feel more comfortable with it.”

Head (Go) South

Meaning: To go wrong or become worse

Example: “Everything was going well until the new manager took over, and then everything started to head south.”