

Crazy New Diet Plan

Instructions: Work with your partners to create a crazy new weight loss and self-improvement program that uses psychology, technology, diet, and other factors to help people be happier and healthier. Use your imagination to describe all of the required information. Try to incorporate the different structures you have seen and some of the words from the box.

Verbs avoid change cut down on cut out give up learn quit reduce take up	Nouns a new sport an outdoor activity bad habits computer and TV time fatty food heavy meals at night junk food relaxation techniques smoking snacks between meals stress	FIRST CONDITIONAL <i>1 If you don't train your mind, you won't be able to lose weight.</i> <i>2 I'll never need to buy chocolate again if this technique works.</i>
		WHEN, AS SOON AS, UNLESS, UNTIL, BEFORE <i>When</i> <i>As soon as</i> <i>Unless</i> + simple present, <i>will</i> + base form <i>Until</i> <i>Before</i>

Our Crazy New Program

The name of our program is ... xtremVRloosse

What results can you expect with the program?

...if you avoid all in your own list you will reduce weight using VR Technology

Here's what you have to do.

... just plugging in your VR and learning how to do some exercise will feel how your stress left your body and the fatty body muscles grow, this will be a new sport in the future.

Still not convinced? Let's hear from some of our customers.

-“Hi, my name is tavo and I have been on the 2 month program. I have to say it has changed my life. If you do this program you'll be in another universe fighting with dragons and magical animals or mosters in castles, i climbs in virtual montanis any experiences make loose bad habits and cut out bad habits like eat fatty food , you will feel like superman just playing this program before i try this i was around 190kg in my first day i lose 50kg all because i don't eat or drink in all day is amazing ”

-“Hello, I believe in this program. Let me tell you about my radical transformation. ...

How much does it cost?

The price of our program is only ... 100 dollar

Remember, our slogan is lose weight, stress and all your body do not playing with our program

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Task 2: Now, let's get serious. Use the same structures to make a realistic plan for modern college students to manage their weight, their fitness, their studies, and their social life. Use the same structures and give good advice.

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Feeling tired, overweight, overworked, stressed, and lonely? Here's some advice to bring some order to your busy life.

- If you change your bad habits, you will have a good long life.
- ...
- ...
- ...