

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 1 <i>If you don't train your mind, you won't be able to lose weight.</i> 2 <i>I'll never need to buy chocolate again if this technique works.</i>	WHEN, AS SOON AS, UNLESS, UNTIL, BEFORE When As soon as Unless + simple present, will + base form Until Before
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Our Crazy New Program

The name of our program is "Effortless Diet"

What results can you expect with the program?

We expect our customers to lose weight with the least effort possible. It is not going to be necessary to give up on pizza, beer and all the junk food you love.

Here's what you have to do.

You will eat all the junk food that you can, then we will get you into our machine to make you lose all the weight that you gained. Like Captain America!

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

-*"Hi, my name is Carlos and I have been on the Effortless Diet program for one week. I have to say it has changed my life. If you really want to lose weight, you will have to try it!"*

-*"Hello, I believe in this program. Let me tell you about my radical transformation. I was 800 kilos two months ago and now I weigh 90 kilos of pure muscle!"*

How much does it cost?

The price of our program is only \$10.000.000 a month

Remember, our slogan is **Eat all you want and be like Captain America in minutes!**

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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.
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- ...
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