**Level:** B2

**Lesson:** *Got a meeting? Take a walk!*

**Language Focus:** Pronunciation and Speaking

**Lesson Text From:** [**https://www.youtube.com/watch?v=hQbdIkvY03I**](https://www.youtube.com/watch?v=hQbdIkvY03I)

**Warm Up**

* Do you enjoy work meetings?
* What do you typically do when meetings get too long?

**1. Vocabulary: Before you watch!**

* **tush** (n.): buttocks (slang). [***Spanish***: trasero]
* **bottom line** (n. ph.): the essential and most important point. [**Spanish:** fundamental]
* **prevalent** (adj.): generally accepted or practiced [**Spanish:** predominante]
* **odd** /od/ (adj.): non peculiar, uncommon [**Spanish:** raro, diferente]
* **to be tied to** (v. ph.): to be linked o related to [**Spanish:** estar relacionado con]
* **to get off our duff** (v. ph., slang): to get moving (using duff as “tush”). [**Spanish:** mover el tresero]
* to huff and puff (v. ph.): breathe heavily with exhaustion, expressing one's annoyance in an obvious way. [**Spanish:** suspirar profundamente]
* **to get out of the box** (v. ph.): to do unconventional, non routinary or untraditional things [**Spanish:** *salirse de lo convencional, tradicional*]

**2.** **Comprehension (10 min)**

**2.1.** **General Comprehension**

**Directions:** Watch the full lesson video for the first time and answer the following question.

* What daily habit is Ms. Merchant talking about throughout the presentation?

**2.2. Specific Comprehension**

**Directions:** Watch the lesson video again and answer the questions below:

* Why does Ms. Merchant think sitting is so damaging for our health?
* When did she start thinking about the idea of “walking meetings”?
* What could be the positive consequences of “walking and talking”?

**3. Pronunciation Practice (10 min)**

**Directions:** Under your teacher’s supervision, read the video transcript for detailed analysis and pronunciation assessment.

What you're doing, right now, at this very moment, is killing you. More than cars or the Internet or even that little mobile device we keep talking about, the technology you're using the most almost every day, is this: your tush. Nowadays people are sitting 9.3 hours a day, which is more than we're sleeping, at 7.7 hours. Sitting is so incredibly prevalent, we don't even question how much we're doing it, and because everyone else is doing it, it doesn't even occur to us that it's not okay. In that way, sitting has become the smoking of our generation.

Of course, there's health consequences to this, scary ones, besides the waist. Things like breast cancer and colon cancer are directly tied to our lack of physical [activity], Ten percent in fact, on both of those. Six percent for heart disease, seven percent for type 2 diabetes, which is what my father died of. Now, any of those stats should convince each of us to get off our duff more, but if you're anything like me, it won't.

What did get me moving was a social interaction. Someone invited me to a meeting, but couldn't manage to fit me in to a regular sort of conference room meeting, and said, "I have to walk my dogs tomorrow. Could you come then?" It seemed kind of odd to do, and actually, that first meeting, I remember thinking, "I have to be the one to ask the next question," because I knew I was going to huff and puff during this conversation. And yet, I've taken that idea and made it my own. So instead of going to coffee meetings or fluorescent-lit conference room meetings, I ask people to go on a walking meeting, to the tune of 20 to 30 miles a week. It's changed my life.

But before that, what actually happened was, I used to think about it as, you could take care of your health, or you could take care of obligations, and one always came at the cost of the other. So now, several hundred of these walking meetings later, I've learned a few things. First, there's this amazing thing about actually getting out of the box that leads to out-of-the-box thinking. Whether it's nature or the exercise itself, it certainly works.

So, I started this talk talking about the tush, so I'll end with the bottom line, which is, walk and talk. Walk the talk. You'll be surprised at how fresh air drives fresh thinking, and in the way that you do, you'll bring into your life an entirely new set of ideas.

**3.1. Pronunciation: Omitting /t/ Sound in American English (10 min)**

Most sounds of English do not have one exact method of production. Small variations of sounds are so common that native speakers of a language often barely notice their existence. These variations in pronunciation depend on adjacent sounds, placement within a word, and if the sound is within a stressed syllable. While native speakers do this intuitively, non-native speakers benefit greatly from explicit instruction on the subject by increasing their listening comprehension as well as being perceived as more fluent speakers.

The /t/ sound, for instance, can be commonly silent—or omitted—from a word. This /t/ phenomenon varies the most widely among native speakers, and even within a single speaker's speech patterns. Also, it is worth to note that this usage can be considered the most informal and non-standardized.

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| **Pronunciation Variation** | **Voiced /t/** | **Silent /t/** |
| The **/t/** is optionally silent when it follows [**/n/**](https://pronuncian.com/pronounce-n-sound) and precedes a vowel sound (including all [r-controlled vowels](https://pronuncian.com/r-controlled-vowels) or a syllabic [**/l/**](https://pronuncian.com/l-sound).] | internet /ˈɪn-ter-net/ | Internet /ˈɪ-ner-net/ |
| center /ˈsen-ter/ | center /ˈse-ner/ |
| Interview /ˈɪn-ter-viu/ | interview /ˈɪ-ner-viu/ |
| advantage /ad-ˈvᴂn-tɪdch/ | advantage /ad-ˈvᴂ-nɪdch/ |
| interrupt /ˈɪn-te -ropt/ | interrupt /ˈɪ-ne -ropt/ |
| gentleman /ˈyyen-tel-mᴂn/ | gentleman /ˈyye-nel-mᴂn/ |
| international /ˈɪn-ter-nᴂ-sho-nal/ | international /ˈɪ-ner-nᴂ-sho-nal/ |
| interaction /ˈɪn-te-rᴂk-shon/ | interaction /ˈɪ-ne-rᴂk-shon/ |
| frequently /ˈfrɪ-kuen-tlɪ/ | frequently /ˈfrɪ-kuen-lɪ/  |

**4. Vocabulary: Say it another way!** (Language Focus: Synonyms)

**Directions:** Say the underlined words or phrases some other way.

1. What you're doing, right now, at this very moment, is killing you.
2. Sitting is so incredibly prevalent, we don't even question how much we're doing it.
3. It doesn't even occur to us that it's not okay.
4. Things like breast cancer and colon cancer are directly tied to our lack of physical [activity].
5. It seemed kind of odd to do, and actually, that first meeting.
6. And yet, I've taken that idea and made it my own.
7. I used to think about it as, you could take care of your health, or you could take care of obligations.
8. Whether it's nature or the exercise itself, it certainly works.
9. I started this talk talking about the tush, so I'll end with the bottom line, which is, walk and talk.
10. You'll be surprised at how fresh air drives fresh thinking.

**5. Speaking (20 min)**

**5.1. Meaning in Context**

**Directions:** What do you think Ms. Merchant meant by the following statements? Give your own interpretation of her words.

a) What you're doing, right now, at this very moment, is killing you. More than cars or the Internet or even that little mobile device we keep talking about, the technology you're using the most almost every day, is this: your tush.

b) Sitting is so incredibly prevalent, we don't even question how much we're doing it, and because everyone else is doing it, it doesn't even occur to us that it's not okay. In that way, sitting has become the smoking of our generation.

c) Of course, there's health consequences to this, scary ones, besides the waist.

d) What did get me moving was a social interaction. Someone invited me to a meeting, but couldn't manage to fit me in to a regular sort of conference room meeting, and said, "I have to walk my dogs tomorrow. Could you come then?"

e) I've taken that idea and made it my own. So instead of going to coffee meetings or fluorescent-lit conference room meetings, I ask people to go on a walking meeting, to the tune of 20 to 30 miles a week. It's changed my life.

f) There's this amazing thing about actually getting out of the box that leads to out-of-the-box thinking. (…) Walk the talk. You'll be surprised at how fresh air drives fresh thinking, and in the way that you do, you'll bring into your life an entirely new set of ideas.

**5.2. Monologue: *Getting Out of The Box***

**Directions:** Answer the following questions in the form of a brief monologue. Feel free to add any information to make your presentation more engaging.

**a)** Are you the kind of person who gets bored easily when doing the same thing for long?

**b)** Are you willing to explore new ways of doing?Or you consider yourself too traditional for that?

**c)** In today’s society,what happens when peoplecome up with innovative ideas, that break the ordinary?

**d)** Do you think people nowadays “stick to tradition” or “prefer new things”?

e) Do you think today’s technology boosts people’s creativity or innovation?

**e)** In your opinion, is there any risk associated with innovation? If so, what could it be?

**f)** How would you feel about the idea of a “walking meeting”? Do you think it could help your ideas flow?