

Language 1

Explain what the following mean:

1. Men are *queueing up at* health spas and gyms ...
2. ... *pampering* their bodies ...
3. Male models with *six-packs* ...
4. As traditional roles between men and women *become less distinct*
5. joining a gym and *building muscle*
6. men are trying to *re-invent themselves*



"Your X-ray shows a thin man struggling to get out."

Discussion

- Do you think men have a 'feminine side'?
- Do you think more men are 'discovering' it?
- Do women need to discover their 'masculine side'?

Language 2

Two of the expressions below mean that you are not looking after yourself properly. Which ones?

- | | | |
|------------------------------|-------------------------|--------------------------------------|
| <i>watch what you eat</i> | <i>put on weight</i> | <i>let yourself go</i> |
| <i>take regular exercise</i> | <i>stay in shape</i> | <i>pamper yourself</i> |
| <i>work out at the gym</i> | <i>use body lotions</i> | <i>take pride in your appearance</i> |

Now complete the text below with the correct form of verbs from the expressions above. Can you do it without looking back at the expressions?

Since my brother reached 40 he (1) himself go a bit. He (2) a lot of weight. I've told him he's got to start (3) what he eats and start looking after himself. I think it's important to (4) pride in your appearance. I want to (5) in shape so I (6) regular exercise and (7) at the gym. I also (8) myself occasionally – I have a massage once a month, for example. But I do not (9) body lotions or shave my legs or anything like that. I mean, there are limits!

Vanity survey

Read the following questions. You get 1 point for each 'yes' answer. Decide in the class how many 'yes' answers mean:

I am normal = . . . points *I am vain* = . . . points *I am extremely vain* = . . . points

1. Do you stop and look at yourself in shop windows?
2. Do you go to the hairdresser's more than once a month?
3. Have you ever dyed your hair?
4. Do you use hair gel or a similar product?
5. Have you ever had a manicure or a pedicure?
6. Do you use a hand cream?
7. Do you use any face creams?
8. Have you ever used make-up?
9. Do you pluck your eyebrows?
10. Have you ever shaved a part of your body – other than your face?
11. Do you use expensive deodorant or after-shave?
12. Do you work out at the gym or in your bedroom?
13. Would you consider having any sort of cosmetic surgery?
14. Do you buy fashion magazines or health and fitness magazines?
15. Is any part of your body pierced – nipples? navel? nose? other?

Work in pairs asking each other the questions. How many points did you score?