My dossier

1 Get active

A Get Active poster

- **1.** Make a poster showing people how to lead a more active life.
- 2. Use ideas from p. 14 in the Student's Book.
- **3.** Think of a good title for your poster.
- **4.** Think of different activities. Draw or stick pictures of them and write a few sentences about why they are good for you.



Going to the gym is such great exercise. You can burn off calories, strengthen your muscles and it's a good way to meet new people.