

# Lifestyle & Leisure



## Common questions

**Part 1** - What do you do in your spare time?

**Part 1** - How do you usually spend your weekends?

**Part 2** - Describe a leisure activity you do with your family.

**Part 3** - Why it is important for people to have time for leisure activities?

**Part 3** - Do men and women enjoy the same type of leisure activities?

**Part 3** - If you had a child, what leisure activities would you do together?

## Vocabulary and expressions

**Sedentary (adj)** - involving little exercise or physical activity.

*I prefer a sedentary lifestyle so staying at home with a book is perfect for me.*

**Hectic (adj)** - full of activity, or very busy and fast.

*My life has been so hectic recently.*

**Homebody (n)** - a person who likes spending time at home.

*I'm a homebody so I don't like going out at the weekend.*

**Wind down (pv)** - to relax and allow your mind to be free from worry.

*My friend winds down by having a glass of wine after work.*

**Guilty pleasure (n)** - something one enjoys despite feeling it is not held in high regard.

*Eating chocolate and watching Friends is my guilty pleasure!*

**Workaholic (n)** - a person who works a lot of the time and finds it difficult not to work.

*There are a lot of workaholics who don't know how to relax outside of the office.*

**Cooped up (adj)** - in a small closed space from which you can't or feel like you can't escape.

*If I stay at home too long, I tend to feel cooped up.*

**Fulfilling (adj)** - making you feel happy and satisfied.

*I find hiking in nature to be a really fulfilling activity.*

**Live life to the full (phr)** - gain a lot from life by being always busy and trying new activities.

*I like to live life to the full so I'm always look for new activities to try!*

**On the go (phr)** - very busy or active.

*Listening to audiobooks is a great way to learn while on the go.*