



## Health and Wellbeing

Informal email: a new fitness class

### 1. Lead-in discussion

Talk with a partner before you write.

1. What makes exercise enjoyable?
2. When can a healthy activity feel difficult?
3. Would you rather exercise alone or with a friend? Why?

#### Exercise 5 at a glance

Write an informal email to a friend.

Cover all the prompts.

Develop ideas with details and reactions.

Use relaxed, natural language.

Make the email flow naturally.

### 2. Exam-style task

You recently tried a fitness class. You enjoyed parts of it, but something was difficult.

Write an email to a friend about it.

In your email you should:

- say what you liked about the class
- explain what was difficult
- recommend what your friend should do if they try it

Write about 120 to 160 words.

### 3. Model email

**Subject: That fitness class was harder than it looked**

Hi Nina,

How are you doing? Did your cousin's birthday meal go well at the weekend? Anyway, I finally went to that fitness class near school, and I knew you'd want the full story!

The instructor was really friendly, and the music kept everyone going, so it didn't feel boring at all. I liked the stretching part best because it helped my back feel less stiff after sitting at a desk all day. It also felt good to do something active without it being too competitive.

However, the first ten minutes were tough. I hadn't warmed up properly, so I got tired quickly and had to slow down. It was a bit embarrassing, but nobody made a big deal out of it, which was a relief.

Anyway, you should definitely come next time, but bring water and don't skip the warm-up. We could go together on Tuesday if you're free.

Write back soon,

Simone

P.S. My legs still know what happened.

## 4. Explore the model: structure, content and tone

Work with the model email. You do not need to copy long answers. Underline, label or make short notes.

Focus	What to find	Done?
Email structure	Find the subject line, greeting, opening chat, main message, plan and sign-off.	
Content point 1	Where does the writer say what they liked about the class?	
Content point 2	Where does the writer mention what was difficult?	
Content point 3	Where does the writer give advice about trying the class?	
Informal audience	Find two places where the email sounds friendly or relaxed, such as a contraction, exclamation mark or chatty phrase.	
Development	Find one extra detail, reason or reaction that improves the answer.	

## 5. Language from the prompts

The prompts can guide your grammar choices. Notice which language each prompt naturally needs.

Prompt	Useful grammar	Why it fits	Example from the model
what the writer liked about the class	so / because clauses	The writer gives reasons and shows the result of a positive feature.	so it didn't feel... / because it helped...
what was difficult	past perfect	The writer explains why the problem happened.	I hadn't warmed up...
the recommendation for the friend	modals for advice	The writer recommends what the friend should do.	you should definitely... / don't skip the warm-up / We could go together...

## 6. Make it flow

Read the informal linking phrases. Underline one you could use for each purpose.

Job	Useful informal linkers
move into the topic	Anyway, / Anyhow, / I finally went... / I knew you'd want the full story
add detail or reaction	The instructor was... / so... / I liked... best because...
introduce a problem	However, / I hadn't... so... / It was a bit... but... / which was a relief
make a plan	Anyway, you should... / don't skip... / We could... / if you're free

## 7. Vocabulary and useful phrases

Use chunks that sound natural for this task. You can also upgrade your writing with precise words and phrases.

Purpose	Useful chunks / language	Add your own
describe the class	fitness class / instructor / stretching / less stiff	
describe a problem	warmed up / got tired quickly / slow down / embarrassing	
sound informal	full story / kept everyone going / big deal / a relief	
give advice	bring water / skip the warm-up / go together	
upgrade with adverbs	really / at all / properly / definitely / quickly	

## 8. Plan your own email

Use the same task, or change the details to a similar situation about a fitness class.

Prompt	My idea	Useful language	Link to next part
what I liked			
what was difficult			
advice for my friend			
opening / ending			

