

## Chatterbox #292 – Let's get physical and talk about HIIT

### Episode description

Have you ever heard of high intensity interval training? That's quite a mouthful, isn't it? Luckily, we usually just call this type of workout HIIT. It's a training style that has recently gained a lot of popularity. In this Chatterbox episode, hosts Andrew and Anna explain the entire concept of HIIT and share their stories related to it.

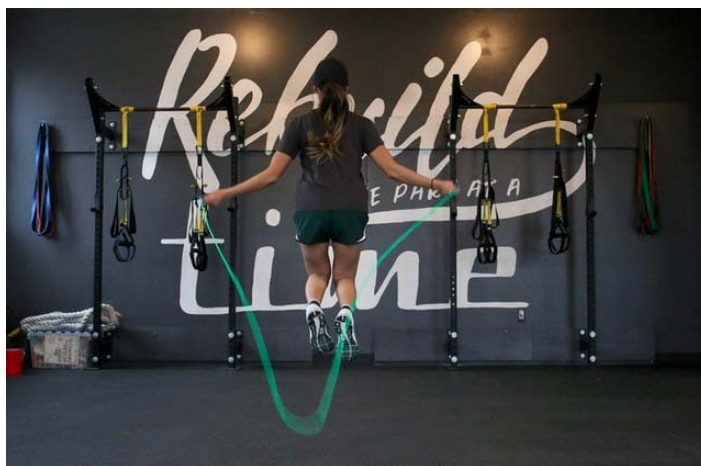
Chatterbox is a Culips series where two native English speakers have a quick and natural conversation about interesting topics. This series is designed to be beneficial for intermediate and advanced English language learners.

### Fun fact

Although HIIT has been gaining in popularity recently, the concept has been around for a long time. Famously, British athletics coach Peter Coe used the principles of HIIT to help train his son, Sebastian Coe, who would later go on to win several Olympic medals as a middle distance runner.

### Expressions included in the study guide

- A mouthful
- Hard to pinpoint
- To resonate with [someone]
- To be beat
- To be plausible
- There's a time and a place
- To fall into place
- To fall by the wayside



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## Transcript

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Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the Detailed Explanations section that follows the transcript. The transcript has been edited for clarity.

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**Andrew:** Hello, everyone, my name is Andrew.

**Anna:** And my name is Anna.

**Andrew:** And you're listening to the Culips English Podcast.

Hey, everyone. Welcome back to Culips. This is Chatterbox, the Culips series for intermediate and advanced English learners that features natural, unedited conversations between native speakers about interesting topics, or trending current events, or maybe even a hot issue. And today, I'm joined by my cohost, Anna. Hey there, Anna.

**Anna:** Hi, Andrew. And hello, listeners. Now, Andrew, remember when we talked about bread in our last Chatterbox episode?

**Andrew:** Yes, I do, Anna, how could I forget? I love bread and that conversation was really fun. And now that you've got me thinking about bread again, I'm starting to get a little bit hungry, I have to be honest.

**Anna:** Well, don't get too hungry, because now it's time to burn off all the carbs and calories we gained from that conversation. Of course, I'm joking. But today's topic is completely the opposite of bread, actually. And today, what we're going to talk about is HIIT, which is an acronym, and the acronym stands for high intensity interval training. It's a kind of exercise that's been really trendy, and has been very trendy over the past few years, as well.

**Andrew:** Yeah, absolutely. So, I think it sounds like we're gonna get a workout in this episode, everyone. And we'll get started and we'll talk about HIIT in just a moment. Of course, before we do, I want to let all of you guys out there listening know that there is a study guide and transcript available for this episode. And in the guide, you'll find detailed vocabulary definitions and examples. There's a quiz, there are prompts that you can use for speaking and writing practice. There's a lot of good stuff in the guide and we recommend following along with it while you listen to this episode. So to get the guide, all you have to do is sign up and become a Culips Member. And you can find all the details and sign up on our website, [Culips.com](http://Culips.com), [C-U-L-I-P-S.com](http://C-U-L-I-P-S.com).

Becoming a member helps support the work that we do here at Culips, but it also gives you access to our learning materials and tools that we make to help you improve your English and get fluent faster.

**Anna:** At the start of each episode, we always love to give a shout-out to one of our listeners who has left us a review or a great message. And recently, we received a nice little message from one of our Taiwanese listeners named Che-Wei, who left us a great review on Apple Podcasts. And I don't know if, Andrew, you could read it out for us?

**Andrew:** Yeah, so Che-Wei wrote, "I've been listening to your podcast for several weeks. I still remember the first time I opened this podcast and listen to it. My wife told me, wow, this is an awesome English learning program and suggested that I subscribe to it. I'm from Taiwan, and I currently live in the USA. I still struggle with English but in the past few weeks, I feel like I'm making huge progress. I'll recommend Culips to all of my friends in Taiwan who want to advance their English speaking or listening ability." Amazing. Thank you, Che-Wei, for that great review and for listening and learning English with us.

If you already feel like you're making huge progress with us after only a few weeks, then I can't wait to see what happens when you spend a little bit more time, maybe a few months or a few years, even, who knows, but I think your learning will continue to grow and grow.

**Anna:** Absolutely. And we also want to thank all of you out there who've been leaving us reviews and subscribing to us on your favourite podcast app or telling your friends to check out Culips. This really, really helps other English learners around the world connect and learn with us. So, please keep it up.

**Andrew:** Anna, it's time to hit it. Now I guess maybe we should begin by explaining what we mean by HIIT. As you said, this is an acronym, right? So when we spell it, although it's pronounced hit, the spelling is actually HIIT, with two Is instead of one. And, again, it stands for high intensity interval training, which is **a mouthful**, so I'm glad that they made it into an acronym.

Maybe we should break down what that means exactly. First, high intensity, so we should say this is an exercise trend, right? This is an exercise program, so we're talking about exercising. And when you exercise with high intensity, it means that you're really putting in a lot of effort, right? You're really, like, giving it your all.

**Anna:** Yeah, absolutely. And it means that you're working at an absolute maximum. So the idea of HIIT, basically, is to have short periods of really, really intense exercise and then you have a little brief recovery period, maybe it's 10 seconds, 15 seconds, 30 seconds, and then you do another set of intense exercise. So, basically, it's just really intense for a shorter period of time, rather than something like, let's say running, which is less intensity, and people tend to do it for a little bit longer. So, I don't know, everybody has their own, you know, taste. I don't know you, Andrew, what you like to do when you exercise? Do you like to do HIIT? Do you like to do running? Do you ... What's your thing?

**Andrew:** Yeah, I'm actually, most of the time doing the opposite of HIIT because I'm a runner. So I like to go and run. And these days, I'm really into slow running. Like, I spent the last 5 or 6 years of my life trying to run really fast. And I think now that I'm approaching 40, that's not a great strategy. It just makes running unenjoyable, trying to run as hard as I can, as fast as I can, every time I go outside. So instead, I'm just taking it easy, and I'm running slow and trying to keep my heart rate down and just enjoy myself outside. So maybe I'm doing the exact opposite of HIIT when I'm exercising these days.

But I've definitely done some HIIT before. And when I've done it, it's mostly been in a running context, I have a running watch where I can set intervals right into the watch. So what I usually do is just, you know, I'll set it for, like, 20-second intervals or 30-second intervals. And I'll run as fast as I can, I'll sprint for 30 seconds, and then my watch will buzz and I can, in my head, go, oh, thank god, and I can stop sprinting and I'll just jog or walk for maybe 10 or 15 seconds. And it always feels like 1 second, though. The time just flies by during that rest period. And then it's time to go hard again. And my watch will buzz and I'll start running again for 30 seconds.

And I would interval that way, from sprint to jog to sprint to jog. I haven't done that for a little while since maybe last year. But it's funny that we're talking about this today, because I was just reading about the benefits of HIIT recently on Instagram, actually, I saw a post about it. And it made me think, like, I should start doing that again, because there are so many benefits that you can get from this kind of exercise.

**Anna:** Yeah, when I do exercise, for me it's always been about a kind of feeling. Like you know that feeling when you do exercise and you just feel, like, you just feel better, you feel a little bit more relaxed. It's really **hard to pinpoint** exactly that feeling but it's, like, well, you get endorphins as well when you do exercise, which are those hormones that make you feel good. And that's always kind of what I do exercise for. I mean, I like to be in shape and I like to keep fit, but it's also about that feeling. So for me, it's also like, just keeping myself in check for if I've had a busy day or a long day, like, I really like to do exercise at the end so that I can just, like, get rid of the day, I don't know.

But HIIT for me, and as you said is really, really, really effective because it's a shorter period of time, and you can burn more calories doing HIIT than you would do maybe with lower intensity exercises. But I mean, it's not good to do HIIT all the time. I mean, too much of one thing is never a good thing. But I really, really love it. And actually one of my resolutions this year, starting 2022, was to every day raise my heart rate. This is not necessarily that every day I have to do a really intensive HIIT workout. But one thing that I found more difficult was being able to keep up with the same exercise all the time because sometimes my days change, sometimes I have busier days, you know, things come up.

But what I said was OK, if I could raise my heart rate every day. And that doesn't mean, as I said, HIIT, it could be going for a fast walk, it could be going for a run, it could be going hiking. So it's way more flexible and it's much easier for me to meet that goal. And I really love it. And I actually find that I've been sticking to it so far because it's like you can be very flexible. You can do lots of different exercises. But for me, for some reason raising my heart rate is, like, really important. I really like to know that I've raised my heart rate. I don't know why, but it just, it comes back to that feeling. I just really like it. It's like I like to know that I've done something a little bit more difficult. I really don't know what it is. But, yeah, I'm kind of obsessed with raising my heart rate, right now. It's kind of weird, but.

**Andrew:** No, it's good and it's good to get that kind of intensity. I'm lucky enough, well, I guess depending on your perspective, from my perspective, I'm kind of lucky because I live on the fourth floor and my building has no elevator. So I have to walk up four flights of stairs every day. And I also have a little dog that weighs around 7 kilograms. So I walk with him up the stairs, you know, three or four times a day when we go outside for a walk. And I always think that's like a little bit of training, because my heart is always beating quickly, when I get to the top of the stairs. It's like carrying a little kettlebell up four flights of stairs or something, I don't know. So I'm lucky that I could get my heart rate up every day without even having to think about exercise.

**Anna:** Yeah, and that's the best thing is when you're doing exercise, but you don't really even realize that you're that you're doing it, like carrying heavy shopping bags, for example, walking really fast, all of these ways are great ways to be to be active and keep fit.

And one of the reasons, I mean, I've gone through different phases in my life of being more active and being less active. Like I don't want to portray that I'm like this super fitness-obsessed person because sometimes I'm really not. And I've had periods of my life where I've been really, well, I would say lazier or not as interested in fitness. But one thing I love about HIIT is that you can do it at home. I really hate the gym. I don't know about you, Andrew, but one thing, I've never really enjoyed going to the gym at all. So I love that you can do it at home, you don't need any equipment, maybe you need a mat just to make sure, you know, you're not ... I also live in apartment buildings, so making sure that you're not annoying the neighbours every time you land on the floor is probably good. So you don't need any equipment and you can just do it at home. And you've got all these things that you can watch on YouTube of videos and routines and whatever. So that's one thing I love is it's really accessible and you can kind of do it at literally anywhere.

And, yeah, it's good to include in a routine of fitness. And, interestingly, I used to be a runner, but I'm not now but I really used to be into running. And, actually, doing HIIT alongside your running training will help you run faster, because it's like cross-training. So if you do those little HIIT things alongside your running program, it can actually help you run faster. I mean, I was never that fast but it did help me pick up my time a little bit. But I think running is also great and running just gets your mind in a different place. And you feel great after a long, long run or a satisfying run is really, really, really nice.

**Andrew:** Yeah, absolutely. I mean, that's one of the things that I saw on Instagram, which is why I've been kind of running slowly the last little while, is because they said in order to run fast, at the end of the day what you should do is take it easy 80% of the time, but the other 20% of the time should be spent running up hills or doing interval training. So I think what you say is really **resonating with me** right now because that's exactly what I've just heard about, and I gotta get doing some more HIIT. I have to incorporate it into my running routine going forward. I think it can be helpful again.

But, Anna, I have to say like I do have a little bit of experience with this. And maybe it gets better with time. Most things get better with time. But I found that when I was doing high intensity interval training that it was really hard. Like, I **was completely beat** after doing a training session. Are you the same way? Are you, like, totally knocked out after doing a HIIT exercise?

**Anna:** Oh, absolutely. I've done different types of HIIT, like, I used to do a little bit of boxing, which I really liked, and they tend to use a lot of HIIT exercises in that interval training. But, yeah, that's the, that's kind of the idea is that at the end, you kind of feel completely worn out, because you're working your body absolutely, to the maximum. So, yeah, it's not a very pleasant experience. And I can understand why some people might not like it. And also it's very intensive. So if you do have some kind of injuries and things like that, you've really got to take it easy. I know that it's very hard on your body. So with injuries and things like that you have to be, you have to be careful.

But one thing I'm obsessed with, there's lots of fitness trends like Peloton and, but one thing I'm obsessed with is skipping.

**Andrew:** Skipping, interesting. OK.

**Anna:** You know, whenever I say skipping people think that I'm, like, skipping while moving, but it's not.

**Andrew:** Like jump rope?

**Anna:** Yeah, like jump rope that you see in boxing, for example, where they have these skipping ropes. And the reason for that is my mom's become really into fitness. Like, she's got a rowing machine in our house. Well, I mean, she's gone to the opposite end of the spectrum, but she read a book and apparently skipping is one of the most efficient things that you can do, because for the amount of time that you do it, you burn a lot of calories. So it's really time efficient, which is also really important for me. Like, the last thing I want to do is spend 2 hours exercising every day like that's not **plausible** for me in my schedule. So, yeah, I'm obsessed with skipping, I absolutely love it. And you can get these ropes that are weighted, so they're heavier. And it means that it, it kind of works different parts of your body and you can, you can actually get them so they work more muscles. I'm obsessed.



So skipping is my new thing, Andrew, but have you ever used anything like Peloton or Zwift or any of these kind of fitness trends?

**Andrew:** No, they're really awesome. Like, I have some friends that have a Peloton setup and I see Zwift on social media all the time. For people that don't know, those services are both biking services, although I think there are other ones as well, like, where you can join classes online and you can exercise with other people together at the same time. And I know that high intensity interval training is a big part of those. And there's, you know, like a teacher who will be leading the class and everybody else is working out at home. But you're all connected through the internet and doing it at the same time, real time together. And you can, you know, be hooked up with your watch or a heart rate monitor, and you can even see who the leaders are. And you can kind of push each other to try and work harder than the other person. If you're a competitive person like me, then that probably is really exciting for you.

So I haven't tried these yet. I want to one day. I'm kind of in a similar situation to you, Anna, where I live in an apartment and, you know, I can't really, like, jump rope. As I said, I'm on the fourth floor. I think my neighbours below me would, would kill me if I was jumping rope or, I don't know, doing jump squats or something like that in my apartment. So I'm not in the greatest environment for that kind of training at the moment. But in the future, if I move into a house or something, for example, I would love to give that a shot. It seems like a really cool technology that kind of emerged at the perfect moment for it to take off as gyms were closing down and things were in lockdown for the pandemic. So, yeah, it's on my list of things to try in the future, for sure.

**Anna:** Yeah, and I mean, **there's a time and a place** for gyms, I say, I hate gyms, I mean, there has been one, a couple of points in my life when I've gone to the gym a lot because it was convenient. And that's always been the thing for me, it's about convenience. And you know, if I like the gym or not, I mean, some gyms are nicer than others and the staff and that always helps make me go to the gym. And I like the classes. There's also a lot of HIIT classes that people do at the gym. So I used to love going to those types of things. But right now I'm really into doing exercise at home and I go to the park sometimes and do my skipping.

I really enjoy exercise in general and I always feel like it's a good thing to include. And as I said, it's for me, now, maybe when I was younger it was because I wanted to lose weight, or I wanted to look good. But now, really, for me, it's about part of my keeping myself sane, almost, and keeping healthy and healthy body, healthy mind and all of that. So I guess maybe my motivations for doing it have changed.

But the time factor is so important for me. Like, it has to be something that is efficient. And I think that's why I love doing HIIT, because it's super short, 10, 15 minutes, you're done, you can get on with the rest of your day. But I really got into doing exercise in the evening recently, like I always change when I do exercise, or at lunchtime rather than in the morning. But I don't know, I always change, I go through phases like everybody, I think. I always go through phases with things, but right now, right now it's skipping in the evening.

**Andrew:** I don't know how people exercise in the morning, to be honest with you. I know it's one of the most popular times ever to do exercise and a lot of people, you know, get up and they go for a run first thing in the morning or they go to the gym first thing in the morning. But for me, when I'm finished exercising, I'm always like exhausted. I think maybe that's because I was exercising too hard. So, like, to think of having to do the rest of my work day in that condition is really difficult to imagine. So I've always been like a late afternoon or evening exerciser. Maybe now that I'm taking some slower runs, maybe I could switch to the morning.

But I don't know if you find this yourself, Anna, but for me personally exercise is like the most important thing for making sure that every part of my life **falls into place**. Because if I'm exercising correctly, then I sleep better at night, and if I'm sleeping better at night, then I can wake up in the morning and be more productive. I can also feel motivated to, like, study Korean and, I don't know, like, a lot of the things that I want to do in life come from having a regular exercise routine. And if that **falls by the wayside**, then all of my other good habits kind of fall apart as well. So I think it's really kind of the keystone for my life. I know that sounds maybe a little bit extreme, but I really do think that it's a really, really important part of my daily routine. Well, maybe not every day, but my regular routine, let's say.

**Anna:** I completely, 100% agree, I think it underpins a lot of things. And, you know, I feel very lucky as well, because I know it's not possible for everybody to do exercise. Some people are maybe injured or some people can't, maybe they have a specific condition or, so I feel lucky that I'm able to exercise. And I'm very, very grateful for that, because you never know when you might get an injury or you might not be able to train or do exercise. So I'm very grateful for being able to do that.

But there was a time in my life, coming back to the morning thing. I used to get up at half five in the morning and I used to either go to the gym or I used to go for a run. And I loved it. But now no, now, I can't do that, not right now. But there was a time in my life when I would do that. And I did it every day. And I think it was also because I was kind of part of a group of people, so it was kind of a community thing and we were all really into fitness. And that kind of spurred me on to do it more but. And now the idea of getting up at half past five in the morning and going for a run fills me with horror, to be honest. Especially in winter. In summer, it's a little bit better. But then, of course, here in Spain in summer, it's impossible because it's like 40 degrees outside. I mean, I don't want to go running in 40 degrees, like, that's no fun.



I think one thing as well about exercise, or regular kind of activity, I guess, is that even though you think it's going to make you more tired, it actually gives you more energy. I always find that when I'm doing exercise regularly, I have more energy for my days, because my days are long, I'm sure like yours, as well, Andrew, and, listeners, I'm sure you have long days too. And it gives me more energy to get through that. And you actually feel less tired, which is one of the kind of counterintuitive things about it. So, yeah, I think I completely agree with you. I think it underpins many, many different things about having a healthy life. So I feel very lucky that I can do it and hopefully can do it for a, for a long time.

**Andrew:** Well, everyone, that is it for today. Thank you for listening, and congratulations on making it to the end of this episode and for getting some English listening practice in with us today. Great job.

And, of course, we would love it for you to join this conversation. Let us know what you think about HIIT by leaving a comment in the comment section or discussion forum of our website.

**Anna:** If you like learning English with us, please support us. There are many ways that you can do that. You could tell your friends who are learning English to check us out or you could follow us on Instagram. You could also subscribe to Culips on your favourite podcast app and leave us a positive review. Finally, you could become a Culips member. And for all the information about the awesome benefits you get when you're a member, just check out [Culips.com](http://Culips.com).

**Andrew:** We'll be back soon with another brand-new episode and we'll talk to you then. Bye.

**Anna:** Bye-bye everyone.

## Detailed Explanations

### A mouthful

Noun

At the beginning of this episode, Andrew explains the main topic, high intensity interval training. He is happy that it was turned into an easy acronym, HIIT, because high intensity interval training is **a mouthful**. In this sense, **a mouthful** is a name or a phrase that contains a lot of words and may be difficult to say. Just as it is difficult to speak with your mouth full of food, it can be difficult to pronounce a long group of words.

**A mouthful** can also be a long or important speech. If you said **a mouthful**, you had a lot of things to say.

Here are a couple more examples with **a mouthful**:

**Sebastian:** Here. Check out my new laser pointer.

**Fanette:** Cool. Hey, do you know where the word laser comes from?

**Sebastian:** I don't know. Is it Latin?

**Fanette:** Actually, it's an acronym. The letters stands for "light amplification by stimulated emission of radiation."

**Sebastian:** Wow! That's **a mouthful**. I'm glad they shortened it.

**Victor:** How did the sales meeting go?

**Marko:** Not good.

**Victor:** Oh, no. What did the boss say?

**Marko:** A lot. I had to sit through quite **a mouthful** as he went through the meeting point by point and criticized every one of them.

**Victor:** Ouch.

## Hard to pinpoint

### Idiom

When Anna tried to explain the feeling she gets when she exercises, she says it's **hard to pinpoint**. **Hard to pinpoint** means something is hard to explain accurately. She can explain her feelings in general, but she feels like her words aren't exact. Think of how sharp the tip of a pin is. It can accurately press into a certain spot. **Hard to pinpoint** is the opposite of that.

**Hard to pinpoint** is often used when you are trying to find the source of something. Imagine, for example, that you are anxious in certain situations but you don't know why. You have thought about it, but you can't pinpoint it. It is **hard to pinpoint**.

Another common variation is to say **you can't pinpoint [something]**.

Here are a couple more examples with **hard to pinpoint**:

**Mona:** How was your date?

**Carly:** It was OK. The food was good.

**Mona:** The food was good? I see. And how about the person sitting in front of you?

**Carly:** Not as good.

**Mona:** Why is that?

**Carly:** I'm not sure. There's something about him that I didn't like. It's **hard to pinpoint**. In the end, we just didn't click.

**Doctor:** What seems to be the problem?

**Jean:** I have a pain in my shoulder. It hurts when I move it this way.

**Doctor:** Is there a reason why you think you might have this pain?

**Jean:** No. I've been thinking about it, but it's **hard to pinpoint**. I was hoping that maybe you could help me with that.

**Doctor:** Sure. Please stand up. I'll have you go through a few motions with both of your arms.

## To resonate with [someone]

### Idiom

As Anna talks about HIIT, Andrew says that it **resonates with him** because he has recently read about its benefits. **To resonate with [someone]** is to be of some special importance to that person. Hearing about the benefits of HIIT appeals to Andrew more now because he has recently read about them.

Think of the sound a large bell makes when you strike it. The sound can resonate for a long time after. That's the same idea behind **to resonate with [someone]**. If the story of a movie stays in your head for a long time, you can say it **resonates with you**.

Here are a couple more examples with **to resonate with [someone]**:

**Violet:** Have you been watching that new classroom drama?

**Laura:** Yeah, I have.

**Violet:** What do you think of it so far?

**Laura:** I like it. You know, I used to be a high school teacher, so the show really **resonates with me**.

**Violet:** I figured you would like it.

**Wes:** My favourite candidate lost in the last elections. It's too bad. I really liked his policies.

**Yujin:** If he had such good policies, why do you think he didn't win?

**Wes:** Unfortunately, he doesn't have much of a personality.

**Yujin:** Oh. That's a problem in politics.

**Wes:** For sure. He really failed **to resonate with the people**. That's always been his problem.

## To be beat

Verb

When Andrew talks about his previous experience with HIIT, he says that he **was completely beat** after his workouts. **To be beat** is to be completely exhausted. Because HIIT is an intense workout, Andrew would **be beat** and extremely tired after doing a workout.

You can also use **to be beat** as an exaggeration. You can say that you **are beat** when you are just a little tired.

Here's one more example with **to be beat**:

**Gary:** After we hike this hill, do you want to try going up that bigger mountain?

**Nino:** No way. I'm **beat**.

**Gary:** Already? But we just started.

**Nino:** I know. I guess I'm not in as good shape as I thought I was. Do you mind if we head back?

## To be plausible

Verb

In this episode, Anna says that it's not very **plausible** for her to take time out of her busy schedule to work out 2 hours a day. If something **is plausible**, it is something that you think is possible. For Anna, working out 2 hours a day is not **plausible**, so it is something she doesn't think she can do.

Here's one more example with **to be plausible**:

**Frank:** Should I buy tickets for the football game?

**Wanda:** What time is the game?

**Frank:** It starts at 7:00.

**Wanda:** I don't think you should. We're going to be on the highway driving into town at that time. I don't think it's **plausible** for us to catch the game. Maybe tomorrow.

## There's a time and a place

### Idiom

Earlier in this episode, Anna says that she doesn't like going to the gym. However, a little later, she says that **there's a time and a place** for gyms. This means that despite the fact that she doesn't really like gyms, she knows that they serve a good purpose and can be beneficial.

A common expression is to say **there's a time and a place for everything**. In this sense, anything is possible, given the proper time and place.

You can also use **there's a time and a place** as a warning or a reminder not to do something. Telling a joke at a funeral might be doing something at the wrong time and in the wrong place, even if it is a good joke.

Here are a couple more examples with **there's a time and a place**:

**Yohan:** How about we go out for some sushi tonight?

**Trevor:** Didn't you tell me that you hated sushi?

**Yohan:** Not at all. I said that sushi wasn't my favourite. But **there's a time and a place for everything**, and right now I feel like some sushi.

**Trevor:** OK. You'll get no objections from me. I could eat that stuff every day!

**Pete:** I'm thinking of proposing to my girlfriend at Beth's wedding. What do you think?

**Fei:** I think **there's a time and a place** for that kind of thing, and proposing to your girlfriend at Beth's wedding is definitely not the right time or the right place.

**Pete:** Why do you say that?

**Fei:** I know Beth very well. She's been planning her wedding for years. I don't think she would be very pleased if you picked that moment to propose.

**Pete:** Looks like I have to come up with a new plan.



## To fall into place

Idiom

Talking about the importance of exercise, Andrew says that everything **falls into place** when he is exercising properly. His sleep patterns, his energy levels, and his productivity all benefit when his exercising schedule **falls into place** in his life. **To fall into place** is when something fits well with other elements. For example, for a plan **to fall into place**, various elements have to come together to make the plan work.

Here's one more example with **to fall into place**:

**Harold:** Are you ready to make an offer on the house?

**Greta:** No. We're still waiting on the estimate for the renovations we need to do.

**Harold:** Oh. I see.

**Greta:** Once everything **falls into place**, I will give you a call.

## To fall by the wayside

Idiom

Andrew later talks about how if he doesn't exercise, all of his other good habits **fall by the wayside**. This is the opposite of to fall into place. The wayside means the edge of a road. If you or your plans **fall by the wayside**, you are no longer on the road you want to be on. You are failing at your goals.

Here's one more example with **to fall by the wayside**:

**Ty:** Weren't you going to move to Thailand?

**Mina:** Yeah. We had a lot of plans set up.

**Ty:** What happened?

**Mina:** The pandemic happened. After that, everything **fell by the wayside** and we had to make new plans.

## Quiz

- 1. Based on the definition we saw in this episode, what does it mean to be beat?**
  - a) to be hurt
  - b) to feel great
  - c) to be very tired
  - d) to be excited
  
- 2. If you want to do something but you don't think it's plausible, do you think you can do it?**
  - a) yes
  - b) no
  
- 3. What does it mean if someone tells you a mouthful?**
  - a) they have a mouth full of cavities
  - b) they have a lot to tell you
  - c) they are talking with their mouth full of food
  - d) they are shy around you
  
- 4. True or false? When things fall into place, that situation should be seen as a positive thing.**
  - a) true
  - b) false
  
- 5. Which of the following does NOT mean hard to pinpoint?**
  - a) you know the source of the problem
  - b) you're not sure why something happened
  - c) you can't easily explain the situation
  - d) you're not entirely sure how something occurred

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## Writing and Discussion Questions

1. Are you the type of person to do long and slow exercises or high intensity workouts?  
Explain why you are drawn to one over the other.
2. When is the last time you were so exhausted that you could say you were beat?
3. What is a type of movie that always resonates with you?
4. How long does it take for your plans to fall into place when you are preparing a trip?
5. When your plans fall by the wayside, how do you deal with it?

## Quiz Answers

1. c   2. b   3. b   4. a   5. a

### Episode credits

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