

Chatterbox #115 – Working Out

Informal Contractions in this Episode

Informal contractions are unofficial short forms of other words, and they're usually only used in casual conversation. For example, when a native English speaker talks casually, they might say *gonna* instead of *going to*, or *whaddya* instead of *what do you*. Even though informal contractions are usually only used in spoken English, we include them in the Culips written transcripts to help you get used to how they're used and what they sound like.

These are the informal contractions used in today's episode, along with their meanings:

- **'cause:** because
- **gonna:** going to
- **wanna:** want to

Transcript

Harp: Hello everyone. This is Harp.

Andrew: Hi, I'm Andrew. And we are here with another Culips episode.

Harp: Yes. Make sure you check out our website: Culips.com. That's C-U-L-I-P-S.com because there you can sign up and become a member. And when you're a member what you do get, Andrew?

Andrew: You get so many great things. You get access to the transcripts of the episodes, so you can see everything that we have said, and you get detailed explanations of some of the most important and key terms that we talk about during the episode, and you also get a quiz to check your comprehension at the end.

Harp: Exactly and you get that for all of the episodes that we've ever done and that's over 300 episodes.

Andrew: 300? That's crazy.

Harp: Yup. So should sign up and become a member.

Andrew: And make sure to check us out on Facebook and Twitter.

Harp: Yeah. You can leave us a comment or if you have a question that's the perfect place.

Andrew: Yeah. We love to hear from you.

- Harp: Andrew, how was your weekend?
- Andrew: My weekend was fantastic. How was yours, Harp?
- Harp: I had a super fun weekend, and I actually went to go see a college football game because one of my good friends, his son plays football for a college in Quebec.
- Andrew: Wow. That's awesome. Are you a fan of football?
- Harp: Yeah. It's actually a fun sport. I quite enjoy football, and I was really impressed with the quality of the game. I was expecting them to be a bit not so professional but they're 16-18 years old and they were playing a fantastic game of football. It was great.
- Andrew: That's great. Did the team that you were cheering for win?
- Harp: No they didn't, unfortunately.
- Andrew: Oh, that's too bad.
- Harp: Yup.
- Andrew: Well, this is actually interesting because you went and saw a football game, football players are great athletes, and today, we're going to be talking about exercise, something that athletes do all the time.
- Harp: Yup. Exactly. Today we're going to bring you a Chatterbox episode and it's actually the first part of a two part series where we're gonna talk about being healthy and today's focus is about exercise.
- Andrew: Yeah. Exercise. Some people love it; other people hate it.
- Harp: Yup. So we're gonna break it down. Like we normally do. We're gonna talk about sports that we did when we were a kid and sports that kids do often.
- Andrew: Yup. And then we're gonna move on to popular trends in exercising. It seems like every couple of years, people start to do new and different things to keep in shape, and we're gonna talk about what's hot right now.
- Harp: Yup. And then we're gonna talk about what we do to stay in shape. OK. So let's get started with our first topic, which is sports we played as a kid.
- Andrew: Yeah. Sports we played when we were kids, and I played pretty much every sport you can think of when I was a kid.
- Harp: Really?

- Andrew: Yeah. I don't know, maybe I was a really hyper child, and my parents just wanted me to go and play sports and **burn off** lots of energy, so I'll be calmer at home, but my parents made me play almost every sport you can think of.
- Harp: That's so interesting, **off the top of your head**, all the sports you played when you were a kid.
- Andrew: All the sports I played. I played hockey, it was my favourite. I played t-ball, baseball, soccer, and badminton. I think that's it. That's almost all of them.
- Harp: Yup. That's a lot of sports.
- Andrew: Yeah. I was very into sports until I was maybe 15 years old, and then I stopped.
- Harp: And were you good at all the sports?
- Andrew: Um, I would say I was an average player. I was one of those people on the team that was, wouldn't pull the team back, but I wouldn't really help the team too much either, you know? I was a neutral player.
- Harp: So interesting. You did a lot of sports?
- Andrew: Yeah.
- Harp: Did you do swimming as well?
- Andrew: Yeah, of course, yeah, I swam a lot as well. I took swimming lessons. I feel like every kid in Canada takes swimming lessons. Did you take swimming lessons?
- Harp: I definitely did and I agree, I think most kids take swimming classes when they're young.
- Andrew: I hated swimming lessons.
- Harp: I did as well because I hate putting my head underwater.
- Andrew: Yeah, I can see that. I don't like that a lot either.
- Harp: Even now, when I swim, I swim with my face kind of out of the water. I'm not very efficient.
- Andrew: Yeah. Swimming lessons, they never agreed with me.
- Harp: Are you a good swimmer though?

- Andrew: Yup. I'm a pretty good swimmer, so I guess they worked, but I didn't enjoy them.
- Harp: A sport that I always wanted to play when I was a kid was gymnastics.
- Andrew: I did gymnastics.
- Harp: Did you? I'm so jealous. You really did everything.
- Andrew: I did everything. I think gymnastics was through my school. It was a school program. And yeah, I did it maybe when I was six or seven years old, not for very long. For a year. And yeah, it was actually really fun cause you just get to run around in the gym and jump off spring boards and fly into piles of foam and bounce on trampolines. And yeah it was great.
- Harp: Yeah and you get learn how to do all the flips, like the **cartwheels**. Really I have to be honest, I can't even do a forward roll.
- Andrew: A **somersault**?
- Harp: Nothing, I can't do anything. So maybe I would have just been a disaster at gymnastics.
- Andrew: Yeah. Oh well. Did you do any other sports when you were a kid?
- Harp: I did speed skating for one year.
- Andrew: That's awesome, speed skating.
- Harp: Yeah. I tell everyone this, when they ask me, like do you know how to skate? I tell them, "Yeah I did speed skating when I was a kid." So when I go with my friends, they expect me to be really good at skating, but I did it for one year, I'm not really good.
- Andrew: I would say that's probably the least common form of skating. You know, a lot of kids play hockey in Canada, and there's also a lot of figure skating, but I don't know if I've ever met somebody that's done speed skating. That's really cool.
- Harp: I think it was because in my hometown, we had an Olympic athlete when I was growing up who was really good in speed skating so I think she inspired a lot of parents to put their kids in speed skating.
- Andrew: Yeah. That **makes perfect sense**.
- Harp: Yup. Did you play soccer because that's a super popular sport now?

- Andrew: Yeah, yeah. Tons and tons of kids play soccer. I played soccer just because I really enjoyed soccer and I enjoyed running, and I think my parents liked it because it's very cheap. The only equipment you need is a pair of shoes and some shin pads and a soccer ball, and yeah, you can get out there and have a good time.
- Harp: I agree with you. I think that's why it's just a popular sport, because it's so cheap, and it's popular around the whole world. I think it's the world's most popular sport.
- Andrew: Yeah. I think so, definitely. It's popular everywhere.
- Harp: Yeah. Because basically you don't even need shin pads, you need basically a ball.
- Andrew: Every time the World Cup comes around or the Olympics, I always wonder why Canada does so bad. We're just awful. We never even usually make it into the tournament, and I wonder why, because every kid in Canada plays soccer, but we just can't get a good team together. I guess kids play when they're young, but they don't continue to when they're adults.
- Harp: Yeah. I think it's because when you travel around you see how popular soccer is in other places compared to Canada. Like it's popular in Canada, but people in, for example in Brazil, are **feverish** about soccer or football as the rest of the world calls it.
- Andrew: Yeah. They're soccer crazy, and we like soccer but maybe not to the same extent that would help us win a World Cup. I don't think that will ever happen for Canada.
- Harp: It might actually though, because like I was saying, growing up, soccer was not popular, but now a lot of my younger cousins or my nieces and nephews play soccer, and I think Canada might be in the ranking sometime soon in the next twenty years or so.
- Andrew: I won't **hold my breath**, but let's hope so.
- Harp: So now you said hockey was your favourite sport when you were a kid.
- Andrew: Yeah, to play and to watch, and I guess it's still probably my favourite sport to watch and to play I guess, but I don't play very often anymore.
- Harp: Did you grow up playing ice hockey or ball hockey?
- Andrew: Yeah. I played ice hockey for a couple of years, and I also played street hockey with the kids in my neighbourhood all the time.

- Harp: Nice, so you must be a really good skater then?
- Andrew: Yeah. I love to skate actually. I skate every winter still.
- Harp: That's a fun part of Montreal for me, because when you walk around in the winter, there's so many free arenas and always you see young kids or even older people playing hockey.
- Andrew: Yeah. It's cool. There's tons of outdoor arenas in all of the parks around here, which is something that was new to me, I'd never seen that before, and when I moved here I was really surprised and pretty excited to see them.
- Harp: Yeah. Exactly. I don't think there's even one in Edmonton.
- Andrew: Maybe it's too cold in Edmonton for outdoor hockey.
- Harp: Probably that's a good point. OK. Let's move on to our next topic, which is popular trends in exercising.
- Andrew: Yes. Popular trends in exercising, and like I said earlier it seems like every two or three years, something new comes around that is just a trend, that everybody starts doing. And I think right now, something that's really popular is yoga.
- Harp: Yup. That is definitely a huge trend in exercise right now, and I actually love it. I started doing hot yoga, it's been two years, and I really enjoy it. But it seems like everyone I know is doing yoga right now.
- Andrew: Yeah. Tons and tons of people are doing yoga, everybody but me, I've never done yoga.
- Harp: I was just gonna ask you.
- Andrew: Yeah, I'm **the odd man out**. All my friends do it, and I see everybody walking around carrying their little yoga mats. And my girlfriend does it all the time too, but I've just never gotten into yoga.
- Harp: I'm surprised. You've never taken a single class of yoga.
- Andrew: No. Well, what are the benefits? Try and **sell me on it**. What's good about yoga?
- Harp: You get more flexible. You build up strength. I find it's very relaxing. I feel calmer after I come out of a class. And I love hot yoga in the winter 'cause it feels almost like I'm going to a spa, and I'm going exercise at the same time.
- Andrew: You get a two for one. That's a good idea.

- Harp: Exactly. You know another trend that's popular right now is Zumba.
- Andrew: Zumba, I have no idea what you're talking about.
- Harp: It's really popular and it's - how would I describe it? - because I took my first zumba class today.
- Andrew: Wow.
- Harp: Yeah. It was cool. One of my colleagues is a Zumba teacher so she was offering classes for everyone at work and I took the first class today, and it was kind of a combination of dancing with aerobics, but it's fun because there are all these different songs that she plays so it's not just one genre of music. We're dancing to Latin music, and then we're dancing to a Bollywood song. It was quite cool, but I had no coordination so. I kinda **sucked** today but I'm hoping to get better.
- Andrew: It's interesting that you mentioned dancing because I feel like dancing is becoming a very popular way to exercise these days as well.
- Harp: Yup. That's true. I know more and more people who are taking salsa or tango, and it's quite a workout, so they don't do other exercise. They just do that.
- Andrew: Yeah. A lot of colleagues right now are doing salsa dance for exercise, and they're trying to get me to come out with them, and I don't wanna go.
- Harp: You're refusing adamantly.
- Andrew: Yeah. I'm **putting my foot down**. I feel like I'm not against dancing, but if I had to dance, I would rather do something like break dancing or something that was a little bit cooler than salsa dancing.
- Harp: I think salsa dancing is super cool, and I took a salsa class last winter, and I loved it.
- Andrew: Yeah. I don't know. Maybe I'm not coordinated enough. I just can see my self on the salsa floor, and it's awkward already.
- Harp: Yeah. My boyfriend is not very coordinated and did not enjoy it as much as me. Another trend I'm finding for exercising is that more people are doing martial arts, like I know people doing karate or taekwondo. It seems to be really popular with adults, because I know a lot of kids who have done it but for adults, it's kind of a different thing to do.
- Andrew: Yeah. And even boxing. One of my friends has just started boxing as an adult, and he loves it.

- Harp: Yeah. Two of my friends just started boxing last week.
- Andrew: Yeah. There's a new gym that's opened up right by my house for boxing, and I'm very curious about trying it. I don't know, maybe I'll strap on some gloves some time and **give it a go**.
- Harp: I've heard it's fantastic. It's good to get some frustration out, and you get some exercise.
- Andrew: Yeah. Apparently it's exhausting. By the end of your first boxing lesson you're just totally **wiped out**.
- Harp: Yup. I've heard the same thing. We should take a boxing class together.
- Andrew: Yeah. That would be something.
- Harp: OK. Let's move on to our last topic about what we do to stay in shape.
- Andrew: So what do you do to stay in shape? I know you do hot yoga and salsa dancing but is there anything else you like to do?
- Harp: Actually I love running, it's my favourite form of exercise, and I try to go two or three times a week, but I go at least once for sure.
- Andrew: Wow. That's awesome. How far do you run?
- Harp: I run I think 5km altogether. I don't focus too much on the distance. I actually go, every time I go, I do the same thing. I go up the street to Park Lafontaine, which is a beautiful park in Montreal, and I run around, one, two, three times around and I think it's 2.5 kilometres if I go once around the park. But I just love it: it's relaxing, I get out of my head and just relax and enjoy it. Because like I said, the park is beautiful and I'm exercising. It's really cool for me.
- Andrew: Yeah. I like running as well but I don't do it very often anymore, sometimes in the summer, I'll go out for a run, but not in the fall.
- Harp: No?
- Andrew: No.
- Harp: I actually prefer running in the fall or even in the winter if there's not snow on the road or on the sidewalks, because in the summer when I go running I feel it's too hot and I get out of breath. I went running when I went to Maine this summer. I went with my family, and my sister and I went for a run, and it was I think +35 degrees Celsius, and I felt I was gonna die a little bit at the end. I was so out of breath. It was too much for me.

- Andrew: Yeah. I can see that in the hot weather. For some reason when I run in the cooler weather, like in the fall or the winter, I have some weird problem with my ears, where they get clogged when I run. It's like if you know go underwater and you get water in my ears? That's what happens to me when I run in the cold.
- Harp: Really?
- Andrew: Yeah.
- Harp: Even if you're wearing a **toque**.
- Andrew: Even if I'm wearing a **toque**. It's strange. It's only in the cold weather.
- Harp: What if you play hockey outside in the winter?
- Andrew: That's fine. It's just running.
- Harp: You're bizarre.
- Andrew: Yeah. So instead of running what I do, I probably talked about this on the show 'cause I'm kind of a bike fanatic. I love biking. And Montreal's a great, very bicycle friendly city. I biked over here to do this recording tonight. I love it. I go everywhere on my bike.
- Harp: Yeah. You're pretty hardcore about biking I have to say 'cause you come every time on your bike, and there are a lot of hills and it's not close, but you love it.
- Andrew: Yeah. I love it. It's good for the environment. It's good for my body. It's free. I don't have to spend money on gasoline, So yeah, I love it.
- Harp: So are you going to bike in the winter when there's snow on the roads?
- Andrew: This is what I'm trying to decide right now. Because if I do want to do that, I have to start changing my bike over and getting it prepared for the winter. And last winter, I gave up. I started taking the metro, but I wanna do it this winter maybe, if there's not too much snow.
- Harp: I'm so curious. What do you have to change on your bike to make it ready for the winter, your tires?
- Andrew: Tires are the main thing yeah. I need to switch to a thicker tire, one with more traction, 'cause right now I have some really skinny tires that would just be awful in the snow. I'd probably slid all over the place.

- Harp: I have to be honest. I don't think I would even consider biking in the winter. I know biking is a great way to stay in shape, but it's just crazy in Montreal with all the snow and then it becomes slush and ...
- Andrew: Yeah. But it's cool when you're out in the cold weather and you see other bikers and there's a real sense of community, like you're in this together, you're battling the weather. It's fun.
- Harp: OK, cool. So you like to bike, do you do anything else to stay in shape?
- Andrew: Well I'm also a drummer ,and this is maybe like a weird form of exercise but I practice drums with my band once or twice a week. And I feel like after drumming for two or three hours it's pretty good cardio. I feel like I'm really out of breath. I feel the same after I've exercised, so I say yeah, I do exercise, by riding my bike and by drumming, which is weird, but yeah, that's how I do it.
- Harp: You know it's funny because when you first said drumming, I was thinking, "Stop being a weirdo. You're playing music. You're not exercising. But yeah, if you think about watching someone play drums seems like it's pretty intense, and it's a lot of work.
- Andrew: Yeah. I actually saw a story on the Internet, a news story, about a scientist who was monitoring drummers that played concerts, like from really famous bands, so if you're playing a concert for I think it was two to two and a half hours, you can burn up to six thousand calories.
- Harp: Really?
- Andrew: Yeah. And that's if you go for two and a half hours straight, which I don't but yeah, it's good exercise.
- Harp: Wow. That's fantastic. So I have to say, we're pretty fit people, we're trying hard to stay in shape.
- Andrew: We do what we do. Yup.
- Harp: All right. So let's do a quick recap for today's episode. We started with talking about sports we played as a kid.
- Andrew: Yeah. Sports we played as kids. And then we talked about popular trends in exercising.
- Harp: And we finished with talking about what we do to stay in shape.
- Andrew: Yeah. And that about ends part one of our healthy series.
- Harp: Check in next week to hear part two where we talk about healthy eating.

Remember everyone check out the website: Culips.com. That's C-U-L-I-P-S.com and sign up and become a member because that's the way you can support us and show us that you care and love us.

Andrew: That's right. and check out our Facebook page and our Twitter page.

Harp: You can always rate us on iTunes or on Stitcher radio as well.

Andrew: Yeah. That would be great, check us out on everything.

Harp: All right. Bye everyone.

Detailed Explanation

To burn off

To burn off means to get rid of energy or to lose weight by exercising or playing sports. In this episode, Andrew said that his parents had him play sports when he was a kid so that he would **burn off** excess energy and be well behaved at home. What this means is that Andrew's parents thought that Andrew could calm down by losing extra energy through playing sports. Whenever people attempt to lose weight or energy by exercising, we can use the verb **to burn off** to describe their activity. Here are two example sentences that use **to burn off**:

Claire: I'm so excited to start working out again.

Dan: Me too! I can't wait to **burn off** a few extra pounds.

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Eva: I'm think I'm going to get a pass to the pool. Swimming is a great way to **burn off** fat and tone up.

James: Sounds like a great idea.

Off the top of your head

Off the top of your head means to guess an answer to a question by using only your memory. If you don't take the time to check facts on the Internet, in a book, or by asking someone and instead just use what you already know to try and answer a question, you are answering that question **off the top of your head**.

When you talk **off the top of your head**, you quickly say something, without taking the time to think about what you've said -- you just blurt it out. Here are some examples to show you how to use the expression **off the top of your head**:

Jeff: What's the capital of Argentina?

Beth: **Off the top of my head** I'm going to guess Buenos Aires but I don't know, I could be wrong.

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Ron: My teacher randomly asked me a question in class today, and I didn't know the answer, so I just took a guess **off the top of my head**, and it turned out to be right.

Pete: Wow you're lucky. Next time I guess you should do your homework!

Cartwheels and somersaults

Cartwheels and **somersaults** are two aerobic actions that are performed by gymnasts. A **cartwheel** is a fast movement where you turn your body in a sideways circle. First you have to put your hands on the ground and then spin to the side so that your feet eventually land back on the ground. An illustration of the move is provided below:



A **somersault** is a movement where you roll your body completely over on the ground. You start the roll with your head and end up back on your feet. The illustration below demonstrates how to do a **somersault**:



To make perfect sense

When something **makes perfect sense**, it means that it is very easily understood. This expression has the same meaning as to make sense, but adding the extra word **perfect** adds more emphasis to how easily something can be understood.

To make perfect sense is often used when telling someone that you understand things like directions, instructions, or decisions that other people have made. Check out the following example sentences to see how you can use the expression **to make perfect sense**:

Mary: Do you know where the Parkers live? I forgot to ask for directions to the party tonight.

Carl: Yeah I talked to them earlier, and they told me where to go. The directions **made perfect sense** so we should have no problems finding their place.

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Lisa: I think I'm going to take next week off to go see my Grandma in the hospital.

Tim: That's a good idea. It **makes perfect sense** that you'd want to be with her while she recovers from her operation.

Feverish

When someone is **feverish** about something, it means that they really like that thing. For example, if someone is **feverish** about golf, then that person is a huge golf fan and really likes watching and playing that sport.

In this episode, Harp mentioned that many Brazilians are **feverish** about soccer. What she means here is that Brazilians are well known for being huge soccer fans that are obsessed with the game.

Whenever you use the word **feverish** to describe someone's love for something, you should note that the word **about** always follows **feverish**. Therefore, we can say people are **feverish about** tennis, **feverish about** reading, etc.

Although it is totally normal to use **feverish** to describe someone's love or obsession for

something, it is not used commonly in everyday speech. A more natural way would be to say that someone has a *fever* for something. So, if one of your friends really likes watching the Olympics, you could say he has *Olympic fever*. Or if someone you know enjoys watching the Tour de France every summer, you could say she has *Tour de France fever*.

Check out the examples below to see how to use both **feverish** and *fever* to describe someone's passion for something.

Diane: When I was younger I totally had Backstreet Boys **fever**. I was obsessed with them.

Sam: Me too. They were the best.

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Frank: I saw Jim earlier and he was so excited for his date with Carla tonight.

Kim: Yeah he is **feverish** about her. I hope things go well for those two.

Not to hold your breath

The idiom **negative verb + hold your breath** is used when people want to stress that something is probably not going to happen. So, when something is very unlikely to occur, we can use a **negative verb + hold your breath** to describe it.

This expression is usually used sarcastically and is very informal. It's best to use it with friends but isn't appropriate for business meetings or formal situations. The examples below demonstrate how a **negative verb + hold your breath** can be used:

Linda: I really hope Elton John comes through town soon. I'd love to see him live.

Sara: **Don't hold your breath**. I heard he won't be touring for a while.

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Rob: My bike got stolen last night. I called the police but they told me I **shouldn't hold my breath** because there probably isn't much they can do to find it.

Erin: That's super frustrating. I hope you can get it back somehow and that the thieves get caught.

To be the odd man out

The **odd man out** is a person who is different from a group of people who all have something in common. For example, if everyone in your family likes playing sports but you don't like sports and instead prefer to spend your time reading or watching movies, then you would be **the odd man out** in your family.

The odd man out is always different in some way from a group of people that have things in common. The "man" in this expression just refers to a person and can be used to refer to people of all genders. Here are a few example sentences using **to be the odd man out**:

Rhonda: I like my new job but I always feel like the **odd man out**. Everyone I work with is really into playing videogames but I could care less about them. During our coffee break that's all anyone talks about.

Alex: Ah that's too bad. Maybe you can find something else that you all enjoy and talk about that?

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Steve: Growing up I was always the **odd man out** at school. I was really interested in science but most of the other kids just wanted to play sports.

Peter: I guess it paid off for you in the end. Now you're a chemist and have made a good life for yourself.

To sell someone on something

When you **sell someone on something**, you try to convince somebody that something is useful, good, or valuable. In this episode, Andrew asks Harp to **sell him on yoga**. What this means is that Andrew wants Harp to convince him that yoga is a good exercise by telling him the benefits that yoga has to offer.

If someone tries to convince another person that something is really great, then that person is trying **to sell someone on that thing**. This expression is best demonstrated through examples. Check out the two provided below to see how **to sell someone on something** works:

Sue: My husband tried **to sell me** on switching to a Mac but I don't know. I think I'll just stick with using a windows computer.

Betty: Yeah you should just stick with what you're used to.

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Brian: Can you try **to sell me on** why I should do homework instead of going to the

movies tonight?

Tara: Well, we have an exam next week. That's good enough of a reason, right?

To suck

To suck means that something or someone is really bad. This is a very informal way to say that something isn't good. When something is unpleasant or bad, we can use **to suck** to describe it. In this episode, Harp told us that she **sucked** at her Zumba class. This means that she didn't dance well during her class.

To suck should never be used in writing or when speaking with anyone but your close friends. Many people consider this expression to be quite rude, so always be careful when using it. Nevertheless, it is used often and is a popular expression. Here are a few examples that demonstrate how to use **to suck**:

Jon: Have you seen the new Arnold Schwarzenegger movie?

Kat: No, but I heard it **sucks**.

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Dan: Wanna play basketball tomorrow?

Lane: Not really. I **suck** at playing basketball so I think I'll pass.

To put your foot down

When someone **puts their foot down**, they strongly oppose what someone else wants to do. If you are really against something and you make your opinions clear, then you have **put your foot down**. People put their feet down when they decide something and then express that decision to other people. Check out the example sentences below to see how to use this expression:

Janet: I'm **putting my foot down** and not paying rent until my landlord agrees to fix my kitchen sink.

Tony: Good idea! That sink has been broken for ages, he really needs to come and repair it.

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Mila: My boss **put her foot down** at work and told everyone that if we don't

increase our sales this quarter, some people will be fired.

Wes: That's stressful! I hope you keep your job.

Not to see yourself

In this episode, Andrew says that he can **see himself** salsa dancing, and it's awkward. What he means here is that he can imagine or picture in his head the idea of him dancing, and he thinks that he won't be good at it. When people **see themselves**, they aren't looking in a mirror, but rather imagining something that they are doing in the future. Here are two example sentences that demonstrate how to use this expression:

Faye: Do you think you'll ever leave the city?

Ron: I can **see myself** living in the country someday.

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Peter: My friend is getting married and he wants me to be his best man. I'm really excited but because his family is Scottish, he wants me to wear a kilt. I can just **see myself** in it and I look stupid.

Lim: I think that's great. I'm sure you'll look fine.

To give something a go

To give something a go means to try an activity out to see if you like it or are good at it. When someone **gives something a go**, they are attempting or trying something for the first time. Alternative ways of saying this expression that have the same meaning are to give something a try and to give something a whirl. Check out the two example sentences below to see how **to give something a go** can be used:

George: Have you ever tried skydiving? If not, you should really **give it a go** sometime.

Hannah: No I've never skydived but I know already that it's not for me.

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Linda: So I **gave** that TV show you recommended **a go** last night and I really liked it.

Frank: Awesome, I'm happy to hear that.

To be wiped out

When someone is **wiped out**, it means that they are extremely tired. We can use this adjective to describe people and animals but not things. When a person is really tired then they are **wiped out**. Something to be careful of is that the verb for of wipe out has a totally different meaning then the adjective form.

As mentioned, **to be wiped out** means to be completely exhausted. However the verb to wipe out means to crash something that you're driving like a car, bike, or motorcycle. Check the example sentences below to see how to use the adjective **to be wiped out** to describe people who are very tired:

Karen: I bet Alexander is going to **be wiped out** after his first day of kindergarten.

Walt: Yeah he'll definitely need to take a nap in the afternoon.

--

James: This new job I got is really hard. I'm completely **wiped out** after a day's work.

Gina: I'm sure it will get easier after a while.

A toque

A **toque** is a type of hat that is worn in the winter. It is usually made out of wool and fits close to the head. The word **toque** is only used in Canada. In other parts of the English-speaking world, these hats are called beanies or knit caps/hats. Check out the picture of a **toque** below:



Quiz

1. Which expression means to convince someone of the benefits of something?

- a) to sell someone down the river
- b) to twist someone's arm
- c) to buy something for someone
- d) to sell someone on something

2. When someone is wiped out, they are really_____.

Fill in the blank.

- a) tired
- b) hungry
- c) angry
- d) emotional

3. What does “to give something a go” mean?

- a) to believe in something
- b) to trust someone
- c) to try something
- d) to trick someone

4. This slang word is used to describe things that are bad.

Choose the best fit from the following words.

- a) to sting
- b) to suck
- c) to slip
- d) to stretch

5. What do Canadians call a knit hat?

- a) timber
- b) cap
- c) beanie
- d) toque

6. I'm going to ____ ____ some energy at the gym after work.

Fill in the blanks by selecting the correct words.

- a) off burn
- b) smoke off
- c) burn off
- d) slim down

7. What does it mean to be feverish about something?

- a) that you don't feel well
- b) that you don't care about something
- c) that you really find something funny
- d) that you really like something

8. If someone has put their foot down, what have they done?

- a) made a decision and told people about it
- b) not made up their mind and kept it a secret
- c) stubbed their toe
- d) danced all night

9. If you guess the answer to this question without consulting a source to find the answer, then you've answered this question _____.

Fill in the blanks.

- a) from the depth of your heart
- b) off the top of your head
- c) in the bottom of your brain
- d) on the top of your heart

Answers:

1.d 2.a 3.c 4.b 5.d 6.c 7.d 8.a 9.b