



LISTENING

MAN VERSUS FAT

In order to do this task, you should follow these steps:

1. Listen to the podcast.
2. Do the exercises below.
3. Have a look at the vocabulary support and read the podcast transcript to help you understand the text if necessary.

✓ WORKSHEET

1. **The initiative Man versus Fat is aimed at helping...**
 - a. Men whose weight is higher than normal
 - b. Men who need to gain some weight
 - c. Men who are underweight
2. **Andrew Shanahan was the promoter of...**
 - a. The Homeless World Cup
 - b. MYSA (Mathare Youth Sports Association) in Nairobi
 - c. The Man versus Fat league
3. **One of the requirements to join this league is...**
 - a. To have a BMI under 30
 - b. To have a BMI over 30
 - c. a) and b) are correct.
4. **In the league, each team gets points for...**
 - a. The number of wins they get
 - b. How much weight the team members lose
 - c. The number of wins, as well as for how much weight is lost by the team members
5. **In the Man versus Fat league, every game lasts...**
 - a. As long as a standard football game, that is to say, 90 minutes
 - b. 30 minutes
 - c. It depends on how many goals each team scores.

✓ VOCABULARY SUPPORT

- **Spotlights:** focuses attention on
- **Overweight:** weighing more than it is normal, necessary or allowed, especially having more body weight than is considered healthy for one's age or build
- **Homeless:** people without homes considered as a group
- **Founded:** established or set up, especially with provision for continuing existence
- **Shed the pounds:** lose weight
- **Body mass index (BMI):** índice de masa corporal (IMC)
- **To show fat the red card:** to stop weight gain
- **Armchair fan:** a fan who only watches football, or other sport, but doesn't play the game
- **To get off (their) backside:** to do something; to be active; to be proactive
- **Fitter:** to be physically sound or healthy
- **To ease:** to reduce the difficulty or trouble of
- **In the same boat:** in the same situation
- **Get advice:** receive a recommendation as to appropriate choice of action
- **Weight loss:** decrease in body weight
- **To take advantage of:** to make the most of
- **Expanding waistline:** increasing weight

✓ PODCAST TRANSCRIPT

MAN VERSUS FAT

This week's listening practice report **spotlights** a new league in England aimed at helping **overweight** men lose weight, which is part of an initiative called Man versus Fat.

Football has always played an important role in improving society: there's the **Homeless** World Cup and programmes like the one that **founded** a youth league in the poorest areas of Nairobi, MUSA. The latest in these community projects is the Man versus Fat football league in England.

Man versus Fat was an idea by Andrew Shanahan, and its goal is to help overweight men **shed the pounds**. The idea behind the Man versus Fat league is simple. If you have a **body mass index**, or **BMI**, over 30, you can join the league. Your team gets points for wins but also for how much weight the team members lose.

Players in the league hope **to show fat the red card** while doing something they love. Instead of being an **armchair fan**, overweight men are invited **to get off their backsides** and become **fitter**. Games last 30 minutes, two 13-minute halves and a 4-minute break, which allows the men **to ease** their way back into active sports. As well as bonding with others **in the same boat**, participants **get advice** on healthier lifestyle options.

Before and after the game, each player is weighed and the team with the biggest combined **weight loss** gets extra points. This means that all can feel they are contributing to the team. Involving men in this league seems **to take advantage of** many men's competitiveness and love for football. The founder says, "When I was fat I went to Weight Watchers, but it didn't feel like it was angled towards men." Combining football with fitness is certainly one way to fight an **expanding waistline**."