



# UNIT 4

- Rashid & Rana Designs
- People didn't use to work out at home
- How to be the best!
- If only ...

**1**  **Complete the email with the correct words.**

assistant    business    compete    designer  
flew    flight    produce    sales    signed



To: Bidor

Subject: My new business

Dear Bidor,

I'm sorry I haven't been in touch recently. This year has been really busy. My brother, Rashid, and I set up our own company last September. It's called Rashid & Rana Designs. We produce shirts and jeans. I am the \_\_\_\_\_<sup>1</sup>, and Rashid does all the marketing. Our cousin, Salima, works as Rashid's personal \_\_\_\_\_<sup>2</sup>.

We invested a lot of money in the \_\_\_\_\_<sup>3</sup>, so we are not yet making a profit. But \_\_\_\_\_<sup>4</sup> are very good, and we are exporting a lot of clothes to the UAE, Oman, Bahrain and even the UK. Of course, it is difficult to \_\_\_\_\_<sup>5</sup> with the Chinese market. They \_\_\_\_\_<sup>6</sup> such cheap clothes in China. But our designs are very original. And they are very popular in the Gulf. So the future looks very bright, thank God.

Two months ago, we went to Lebanon and Morocco to choose cloth for our spring designs. We found some beautiful silk and cotton fabrics. And last month, we \_\_\_\_\_<sup>7</sup> to London to show our new shirts at London Fashion Week. We had a great time. There was a lot of interest in our designs. We \_\_\_\_\_<sup>8</sup> contracts with three London department stores. And a lot of rich and important people bought our silk shirts!

On our way back, guess who we saw at Heathrow Airport! We were waiting for our \_\_\_\_\_<sup>9</sup> back to Baghdad when our old school friend, Muna Shakir, walked past with ... You will never guess! Ghassan Ahmed! Yes! Apparently, they got married two years ago. And they now have a beautiful little boy called Kamal.

Let's keep in touch. Come and stay with us whenever you like.

Lots of love,  
Rana

**2**  **14 Listen and check your answers.****3** **Now do Exercises A to C in the Activity Book.**

- 1 What do you call these pieces of fitness equipment? Read the article and find their names.



## Fitness tech

*Technology is changing the way we exercise. In the past, people used to go to the gym to work out, but now the gym is going to people's houses!*

Until a few years ago, people didn't use to have a gym at home unless they were very rich. But with new technologies and equipment, it's now easier to work out from home.

A good example of this are online exercise communities. In the past, you used to join a club if you wanted to cycle with others, for example. Nowadays, you can buy a stationary bike, have online lessons and work out with lots of people online, without leaving your house.

Fitness apps are another example of technology changing fitness. The first ones used to measure basic things, like distances and speed, but more modern apps now are able to measure a lot more, including how fast your heart is beating, how many calories you are burning and even how well you sleep.

So, is this the end for gyms? Experts say things are harder than they used to be for gym owners. They used to compete only with other gyms in the area, but now they also have to compete with online and home gyms. However, sports clubs that

also take advantage of the new technology will stay open.

Gyms now offer much more advanced technology than they used to. They are investing in devices that most people still can't afford to have in their homes. A good example is the workout mirror. People used to look at mirrors in gyms just to see how they looked while doing exercise, but now these hi-tech mirrors can actually teach you how to work out!

Another thing lots of gyms are using now is Artificial Intelligence (AI). AI systems allow gyms to have much more data about their clients and build an ideal workout plan for them, as well as check their progress. For this reason, it's also important for personal trainers to learn how to use these devices. Being good with technology didn't use to be a requirement for personal trainers, but now it's a key part of their job.

So what does the future of fitness look like? It's hard to say, but for sure, whether at home or at a smart gym, technology is going to continue to help you stay fit more and more.

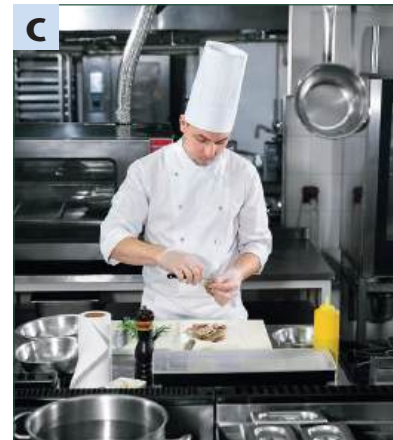
- 2 Now do Exercises A to E in the Activity Book.

# How to be the best!

**1**  Match the sentence halves.

- |  |  |
|--|--|
| <p>1 If you want to have a successful restaurant,</p> <p>2 If you want to make a good impression at a job interview,</p> <p>3 If you want to have a successful party,</p> <p>4 If you want to be successful in business,</p> <p>5 If you want to be a good secretary,</p> <p>6 If you want to be healthy,</p> <p>7 If you work for an airline,</p> <p>8 When you are in a meeting,</p> | <p>a you don't have to pay for plane tickets.</p> <p>b you have to be ambitious.</p> <p>c you should turn your mobile off.</p> <p>d you must employ a good chef.</p> <p>e you need good computer skills.</p> <p>f you must do a lot of exercise.</p> <p>g you should dress well and be punctual.</p> <p>h you should make sure there is plenty of good food.</p> |
|--|--|

**2**  Match six of the sentences with the pictures.



**3** Now do Exercises A to D in the Activity Book.

**1** **AB** Read about three people with regrets. Match sentences 1-9 with the correct people.

**A**



Fouad Salim is captain of a football team in Baghdad. His team has just lost a big match.

**B**



Khadija Nasser has just been to an interview for a job with an oil company. Unfortunately, she didn't get the job.

**C**



Nizar Ibrahim has just crashed his friend's new motorbike. It will cost a lot to repair it.

**1** I wish I'd arrived earlier and been more relaxed.

**2** I wish I hadn't gone so fast down that hill.

**3** I wish I'd made them train harder.

**4** I'd have got the job if I hadn't been so nervous.

**5** If only I'd seen that hole in the road.

**6** If only Hasan hadn't got a red card.

**7** We'd have won if we'd trained harder.

**8** If only I hadn't done so badly on the typing test.

**9** This wouldn't have happened if I'd slowed down.

**2** **AB** Use each question to make one sentence with *I wish* and one sentence using the third conditional.

- 1 Why didn't I ask Hisham to be in the team?
- 2 Why didn't I find out more about the company before the interview?
- 3 Why did I ride my friend's motorbike?
- 4 Why didn't I check the brakes before I left home?
- 5 Why did I forget to tell them about my previous experience?
- 6 Why didn't I score that penalty?

I wish I'd asked Hisham to be in the team.



We'd have won if I'd asked Hisham to be in the team.

**3** Now do Exercises A to D in the Activity Book.