

# How to Talk About Everyday Life and Wellness – Beginner Level

Everyday life and wellness are essential language expressions you need to master to talk about your everyday life. This includes talking about, travel, holiday, wealth & health and more. These ready-to-use phrases are crucial to start speaking English with confidence, as a beginner.

To help you better practice the language and achieve fluency, this article includes:

- Key vocabulary & phrases
- Practice exercises, and
- Grammar tips

Here is what you'll learn:

- Talking about travel and holidays
- Talking about health and fitness

## Lesson 1: Talking About Travel and Holidays

### Key Vocabulary & Phrases:

#### *Talking About Past Trips*

Phrase	Use	Example Sentence
I went to...	Destination	I went to Cape Town last summer.
I traveled with...	Companions	I traveled with my family.
We stayed at...	Accommodation	We stayed at a beachfront hotel.
It was...	Describe experience	It was relaxing and fun.

#### *Talking About Future Plans*

Phrase	Use	Example Sentence
I'm going to...	Future intention	I'm going to visit Zanzibar next month.
I'd love to go to...	Express desire	I'd love to go to Paris someday.
I'm planning a trip to...	Future plan	I'm planning a trip to Kruger National Park.
We might...	Possibility	We might go camping if the weather's good.

#### *Describing Holiday Preferences*

Phrase	Use	Example Sentence
I prefer beach/mountain/city holidays	Express preference	I prefer beach holidays—they're so relaxing.
I enjoy sightseeing / hiking /	Activities	I enjoy sightseeing and trying

relaxing		local food.
My dream destination is...	Aspirations	My dream destination is Japan.

### Sample Conversation to enhance vocabulary for Everyday life and wellness:

**A: Have you traveled anywhere recently?**

**B: Yes I went to Mozambique Island last month. It was beautiful and peaceful.**

**A: That sounds amazing. Any plans for you next holiday?**

**B: I'm thinking of going to Victoria Falls. I've always wanted to see it.**

### Practice Prompts:

Try completing these:

1. Last year, I traveled to \_\_\_\_\_ with \_\_\_\_\_.
2. We stayed at \_\_\_\_\_ and did \_\_\_\_\_.
3. I'm planning to go to \_\_\_\_\_ next holiday.
4. I'd love to visit \_\_\_\_\_ because \_\_\_\_\_.
5. I prefer \_\_\_\_\_ holidays because \_\_\_\_\_.

You can also write a short travel diary entry: "My Favorite Trip Ever."

### Tips for Talking About Travel:

- Use **past simple** for completed trips: "I went," "We stayed."
- Use **future forms** for plans: "I'm going to," "I might."
- Add **adjectives** to describe places: "breathtaking," "crowded," "peaceful," "exciting."

**Talking about health and fitness** is a motivating way to build vocabulary for everyday life and wellness. Here is how you can do that: describe your wellness habits, fitness goals, and how you stay active and healthy.

## Lesson 2: Talking About Health and Fitness

Learn how to talk about your physical health, exercise routines, healthy habits.

### Key Vocabulary & Phrases:

#### *Talking About Fitness*

Phrase	Use	Example Sentence
I work out / I exercise	Describe activity	I work out three times a week.
I go to the gym / I run / I swim	Specific fitness habits	I go to the gym after work.
I'm trying to get fit / stay healthy	Express goals	I'm trying to stay healthy by walking daily.

I do yoga / I lift weights	Types of exercise	I do yoga every morning.
----------------------------	-------------------	--------------------------

### *Talking About Health Habits*

Phrase	Use	Example Sentence
I eat healthy / I avoid junk food	Nutrition habits	I eat healthy and drink lots of water.
I sleep well / I get enough rest	Wellness routines	I try to sleep at least 7 hours a night.
I'm cutting down on...	Reducing unhealthy habits	I'm cutting down on sugar.
I feel stronger / more energetic	Results of healthy living	I feel more energetic since I started exercising.

### **Sample Conversation Phrases for Practicing Everyday Life and Wellness:**

**A: Do you exercise regularly?**

**B: Yes, I go jogging every morning and do yoga twice a week.**

**A: That's great! I've been trying to eat healthier and drink more water.**

**B: It really helps. I feel more focused and less tired during the day.**

### **Practice Prompts:**

Try completing these:

1. I exercise \_\_\_\_\_ times a week by \_\_\_\_\_.
2. I'm trying to \_\_\_\_\_ because \_\_\_\_\_.
3. I eat \_\_\_\_\_ and avoid \_\_\_\_\_.
4. I feel \_\_\_\_\_ when I \_\_\_\_\_.
5. My fitness goal is to \_\_\_\_\_.

You can also write a short paragraph: “How I Stay Healthy.”

### **Tips for Talking About Health and Fitness:**

- Use **present simple** for routines: “I run,” “I eat well.”
- Use **present continuous** for current efforts: “I’m trying to get fit.”
- Be encouraging when talking to others—health journeys are personal and powerful.

Knowing a new language is more than mastering its code. It’s a bridge to new opportunities, friendships, and self-expression. So use English to connect yourself to the world.

### **Sabino Manuel**

The creator of “**English Journey: Start Speaking with Confidence – One Step at a Time**”