

Everyday English Lessons: Travel, Holidays, Health, Fitness and More

Struggling for everyday English speaking practice for life and wellness? You've landed in the right place. At "[English Journey Online](#)" you'll explore [common English phrases](#) for beginners. More specifically you'll learn phrases to talk about **travel, holidays, health, fitness, lifestyle, making healthy choices** and more.

To help you better practice the lessons for daily English conversation the post includes:

- Key vocabulary & phrases
- Practice exercises & prompts
- Sample conversations for beginners
- Quick grammar tips

Here is what we'll walk you through:

- Travel and Holidays
- Health and Fitness
- Food and Healthy Eating

Lesson 1: Talking About Travel and Holidays in Everyday English

Key Vocabulary & Phrases for Travel and Holidays

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.

See other [vocabulary for talking about goals, phone calls and more](#).

Talking About Future Trips and Practicing Daily Conversation in English

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.

Learn also [how to talk about home, work and other tasks](#)

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 / relaxing	Activities	I enjoy sightseeing and trying local food.
My dream destination is...	Aspirations	My dream destination is Japan.

Practice also [vocabulary for talking about meals and asking for directions](#).

Sample Dialogue for Practicing Daily English conversation

Mini Dialogue:

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 your next holiday?

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

Daily practices like this can boost your skills in English conversation

Practice Prompts

- Last year, I traveled to _____ with _____.
- We stayed at _____ and did _____.
- I'm planning to go to _____ next holiday.
- I'd love to visit _____ because _____.
- I prefer _____ holidays because _____.

Quick Grammar Tips for Practicing Daily English Conversation

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

Frequently Asked Questions

Q1: What phrases can I use to talk about past trips?

A1: You can say *"I went to Cape Town last summer"* or *"We stayed at a beachfront hotel."*

Q2: How do I express future travel plans in English?

A2: Use phrases like *"I'm going to visit Zanzibar next month"* or *"I'm planning a trip to Kruger National Park."*

Q3: How can I describe my holiday preferences?

A3: Try “I prefer beach holidays—they’re so relaxing” or “My dream destination is Japan.”

How to Talk About Travel in 3 Ways

- 1. Start by describing a past trip:** Use past simple - “I went to Mozambique Island last month. It was beautiful.”
- 2. Share future travel plans:** Use future forms - “I’m going to Victoria Falls next holiday.”
- 3. Express holiday preferences:** Say “I prefer mountain holidays because they’re peaceful.”

Lesson 2: Talking About Health and Fitness in Everyday English

Key Vocabulary & Phrases for Health and Fitness

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.

Daily English Phrases for 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.

Learn here [7 essential health verbs](#) to use with these phrases.

Sample Dialogue to Practice Daily English conversation

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 for Daily English Conversation

- I exercise _____ times a week by _____.
- I'm trying to _____ because _____.
- I eat _____ and avoid _____.
- I feel _____ when I _____.
- My fitness goal is to _____.

Quick Grammar Tips

- Use present simple for routines: *I run, I eat well.*
- Use present continuous for current efforts: *I'm trying to get fit.*
- Encourage others — wellness is personal and motivating.

Frequently Asked Questions

Q1: How do I talk about my exercise routine?

A1: Say *"I work out three times a week"* or *"I go jogging every morning."*

Q2: What phrases help me describe healthy habits?

A2: Use *“I eat healthy and drink lots of water”* or *“I try to sleep at least 7 hours a night.”*

Q3: How can I explain my fitness goals?

A3: You can say *“I’m trying to stay healthy by walking daily”* or *“My fitness goal is to build strength.”*

How to Talk About Fitness in 3 Ways

- 1. Start by explaining your workout routine:** Use present simple - *“I run three times a week and do yoga.”*
- 2. Talk about healthy lifestyle habits:** Say *“I eat healthy and avoid fast food”* or *“I sleep well every night.”*
- 3. Motivate others with positive phrases:** Use encouraging language: *“I feel more energetic since I started exercising.”*

Lesson 3: Everyday English Speaking Practice —Talking About Food and Healthy Eating

Key Vocabulary & Phrases for Food and Healthy Eating

Talking About Meals

Phrase	Example Sentence
I usually eat...	I usually eat rice and vegetables for lunch.
My favorite food is...	My favorite food is grilled chicken.
I have breakfast/lunch/dinner at...	I have breakfast at 7 a.m.
I like / I don't like...	I like pasta, but I don't like spicy food.

Talking About Healthy Eating

Phrase	Example Sentence
I eat healthy / I avoid junk food	I eat healthy and avoid fast food.
I drink water / juice / tea	I drink water with every meal.
I'm trying to eat more...	I'm trying to eat more fruit and vegetables.
I'm cutting down on...	I'm cutting down on sugar.

Describing Preferences for Practicing English Daily Conversation

Phrase	Example Sentence
I prefer...	I prefer home-cooked meals.
I enjoy...	I enjoy trying new recipes.
It's good for...	It's good for my health.

Learn here how to [talk about goals and make phone call in English](#)

Sample Conversation

A: What do you usually eat for breakfast?

B: I usually eat bread and eggs. I drink tea.

A: That sounds nice. Do you eat healthy food?

B: Yes, I try to eat vegetables every day and avoid junk food.

Practice Prompts to Exercise Daily English Conversation

- My favorite food is _____ because _____.
- I usually eat _____ for lunch.
- I prefer _____ meals because _____.
- I'm trying to eat more _____.
- I avoid _____ because _____.

Quick Grammar Tips

- Use present simple tense: *I eat, I drink, I prefer.*
- Add adjectives: *delicious, spicy, sweet, healthy, fresh.*
- Practice with real examples from your daily meals.

Frequently Asked Questions

Q1: How do I describe my meals in English?

A1: Say *"I usually eat rice and vegetables for lunch"* or *"My favorite food is grilled chicken."*

Q2: How do I talk about healthy eating choices?

A2: Use *"I avoid junk food"* or *"I'm trying to eat more fruit and vegetables."*

Q3: How can I express food preferences?

A3: Try *"I prefer home-cooked meals"* or *"I enjoy trying new recipes."*

How to Talk About Food in 3 Ways

1. Start by describing your daily meals: Say *"I usually eat bread and eggs for breakfast."*

2. Talk about avoiding unhealthy food: Use *"I'm cutting down on sugar"* or *"I avoid junk food."*

3. Express food preferences politely: Say *"I like pasta, but I don't like spicy food."*

Final Thoughts

Mastering everyday English speaking practice is about expressing yourself confidently. With common English phrases for beginners, you can achieve fluency. So, step by step, practice the vocabulary you've learned and check also this: [Expressing everyday e](#)