



**WALK
'N'
TALK**
LEVEL UP

#500





MY BACK IS KILLING ME

Hello everyone!

In this episode of Walk 'n' Talk Level Up you learned new vocabulary and new expressions! Now you can continue studying, by checking out the dialogue, the expressions with written explanations, and by repeating all the sentences!

DIALOGUE

Steve: Ow, my back is killing me.

Annie: Did you hurt it?

Steve: No, I think I slept wrong. Or it's from sitting all day.

Annie: Well, you need to work on your posture. Maybe doing some pilates, yoga or stretching will help.

Steve: I know, I was exercising daily, but things got hectic and I haven't had the time.

Annie: I have a back massager you can borrow, if you want.

Steve: Yeah, until I can get back to exercising, that's gonna have to do.



NEW EXPRESSIONS!

Work on

A phrasal verb, formed by combining the verb “work” with the preposition “on”. It means to spend time producing or improving something.

She has to **work on** getting in shape!

I've been **working on** my cooking skills.

Past Continuous

Was exercising

The past continuous describes actions or events in a time before now, which began in the past and were still going on when another event occurred. The past continuous of any verb is composed of two parts : the past tense of the verb “to be” (was/were), and the base of the main verb +ing.

I **was taking** a shower.

He **was talking** about his plans when we arrived.

They **were studying** together.

We **weren't speaking** to her.

It **was raining**.

She **wasn't jogging** when we spoke.

You **were being** sarcastic.

Hectic

An adjective that means “full of incessant or frantic activity”.

She has a **hectic** business schedule.

The weeks leading up to the holidays are always **hectic**.



Get back

It means “to come or go again to a person, place, or condition”; or “to gain revenge”, usually used with at; or “to regain possession of”.

I want to **get back** to studying.

He was trying to **get back** at his ex.

They said they would do anything to **get back** their dog.

Let's **get back** to the main topic.

Gonna have to do

An expression meaning “it's going to have to be enough”. Used mainly when something is not ideal or perfect, but it's the best you can do in the moment.

I didn't have time to go grocery shopping, so takeout **is gonna have to do**.

She doesn't have money for a new dress, so borrowing from someone **is gonna have to do**.

Listen to this episode as many times as you want, and follow it up with this file. This way, you'll be able to memorize all the expressions and vocabulary you've learned! You'll also be able to use it in conversations in the future. And remember, the more contact you have with English, the better. So make sure to tune in for our next episode!