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WALK
'N'
TALK
LEVEL UP

#508





LOOK AT HER GO!

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

Sam: Hey man, I haven't seen you in ages!

Harry: Yeah, it's been a while! Good to see you, dude.

Sam: Same! What are you doing here?

Harry: Oh, I'm keeping Molly company while she trains.

Sam: Is she training for a competition again? Where is she?

Harry: Doing a lap over there. She's just doing it to keep in shape.

Sam: Wow, look at her go! And for what it's worth, I think she's in great shape.

Harry: I'll let her know.



NEW EXPRESSIONS!

Keep company

“To keep someone company” means to stay with them so the person is not alone.

Don't worry, I have my cat to **keep me company**.

She **kept him company** while he was waiting for the bus.

Keep in shape

“To keep in shape” can have a couple of meanings, but they revolve around maintaining a good physical form. Other synonyms are: to stay in shape, keep fit, to remain in good physical condition and form, to stay healthy.

I always work out to **keep in shape**.

How do you **keep in shape** with such a busy schedule?

Look at her go

A phrase used when you're hyping someone up, encouraging them. It shows you are impressed with someone's effort or performance.

Look, he's riding a bike for the first time! **Look at him go!**

They're doing so well in the competition! **Look at them go!**

For what it's worth

An informal phrase, said when you are giving someone a piece of information and you are not certain if that information is useful or important for them. When you say it, you are suggesting that what you are saying or referring to may not be very valuable or helpful, especially because you do not want to appear arrogant.

For what it's worth, I think your writing is getting better every page!

I think he might be right, **for what it's worth**.



Let her know

When you “let someone know something”, you are informing them of a situation or information they weren’t previously aware of.

Hey, **let me know** when you get home safe.

I’ll **let her know** you called when she gets home.

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!