

¡Ven a Nuestro Gimnasio! - Commercial Project  
Spanish 3  
Lección 3  
Senderos 3

Objective: Create a commercial about your gym that includes testimonials.(50pts)

Part 1 - Dialogue for Commercial (Group)

Directions: Each group will create a commercial advertising their gym. The commercial should be at least 3-5mins long, no longer than 10mins.

1. Dialogue needs to include the following grammar
  - A. Present Perfect (at least 5 times)
  - B. Past Perfect (at least 5 times)
  - C. Present Perfect Subjunctive (at least 5 times)
2. Dialogue needs to include a testimonial, someone describing how they used to be before joining the gym, and then how the gym has improved their lifestyle
3. Dialogue needs to include the following information about your gym:
  - A. Classes offered (at least 3)
  - B. Equipment available
  - C. Amenities/Facilities (ex. Pool, sauna, etc.)
  - D. Trainers
  - E. Location & contact information, hours, cost
4. \*\*\*\*Extra Credit\*\*\*\* - If you are able to film with gym equipment or in a gym, actually working out. etc.
5. Make sure each person speaks equally ( Aim for about 15 lines per person at least)

-You can use a program called "CapCut" to edit your video and add effects.

<https://www.capcut.com/>

Part 2 - Escribir un plan personal de bienestar (Individual) -Infographic about yourself (50pts)

1. Following the questions & outline on p.106, create an infographic showing the 3 categories about yourself:
  1. La nutrición
  2. El ejercicio
  3. El estrés
2. Include a picture of yourself
3. Needs to be in color (you will share it with me online)
4. Needs to be creative, include images for each area; you can design it however you want

Infographic Program

[www.canva.com](http://www.canva.com)

\*\*There are probably other ones available online

Examples of Infographics

# TIPS FOR A HEALTHY LIFESTYLE

A HEALTHY LIFESTYLE IS ONE WHICH HELPS TO KEEP AND IMPROVE YOUR HEALTH AND WELL-BEING. THERE ARE MANY DIFFERENT THINGS THAT YOU CAN DO TO LIVE A HEALTHY LIFESTYLE, AND WE'RE GOING TO GIVE YOU THE MOST IMPORTANT ONES RIGHT HERE. KEEP IN MIND, A HEALTHY LIFESTYLE ISN'T JUST ABOUT HEALTHY EATING AND EXERCISE. IT'S ALSO ABOUT TAKING CARE OF THE "WHOLE" YOU -YOUR PHYSICAL, MENTAL, EMOTIONAL, AND SPIRITUAL WELLNESS. TAKE CARE FROM THE INSIDE OUT!



## GET ENOUGH SLEEP

LACK OF SLEEP MAY LEAD PROBLEMS LIKE OBESITY, DIABETES, AND EVEN HEART DISEASE. IT CAN AFFECT YOUR IMMUNE SYSTEM AND MAKE YOU PRONE TO GET THE FLU OR COLDS



## MEDITATE OFTEN

MEDITATION QUIETENS YOUR MIND AND CALMS YOUR SOUL. IT CAN ALSO HELP YOU DEAL WITH AND MANAGE STRESS



## EXERCISE REGULARLY

MOVEMENT IS KEY. DOING IT DAILY CAN INCREASE YOUR LIFE SPAN, LOWER YOUR RISK OF DISEASES, AND HELP YOU LOSE WEIGHT. IT ALSO CAN BE A LOT OF FUN!



## EAT MORE FRUITS AND VEGETABLES

THEY CONTAIN A LOT OF VITAMINS AND MINERALS. EXPERTS SUGGEST 5-9 SERVINGS PER DAY ALSO INCLUDE FOODS LIKE BEANS FOR A BETTER BALANCE



EAT US!

## CUT DOWN ON OILY AND SUGARY FOOD

PROCESSED FOODS LACK OF NUTRITIONAL VALUE AND THEIR ADDED PRESERVATIVES ARE BAD FOR US. THE HIGH AMOUNT OF SALT THEY HAVE CAN LEAD TO HIGH BLOOD PRESSURE AND HEART DISEASE



OH NO

## STOP SMOKING AND AVOID PASSIVE SMOKING

SMOKING CAN INCREASE YOUR RISK OF LUNG CANCER, HEART ATTACK AND MORE. SECOND-HAND SMOKING CAN ALSO CAUSE MANY OF THIS LONG-TERM DISEASES



FAST FOOD IS VERY FATTENING AND IF IT'S FRIED IT MAY CONTAIN ACRYLAMIDE, A POTENTIAL CANCER-CAUSING CHEMICAL. THIS INCLUDES FRENCH FRIES, DOUGHNUTS, AND MANY OTHERS



## AND BREATHE DEEPLY!!!

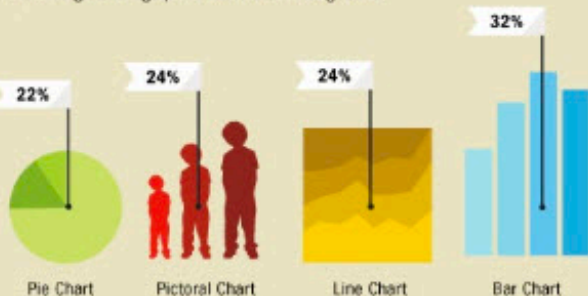
THERE ARE MANY BENEFITS TO DEEP BREATHING LIKE REDUCTION OF STRESS AND BLOOD PRESSURE, AS WELL AS A RELIEF FOR BODY PAINS. IT HELPS WITH BETTER BLOOD FLOW AND SLEEPING BETTER



# DESIGN

## CHART STYLE

Percentage of infographics with the following charts:



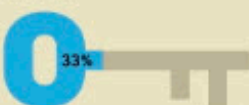
## FONT

Sans Serif Condensed Sans Serif  
Serif



## KEY INFO

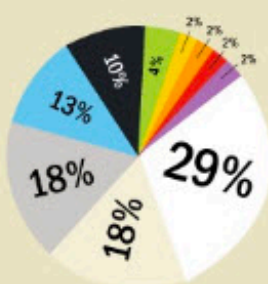
Percentage of infographics with key:



Average number of symbols per key: 5.1

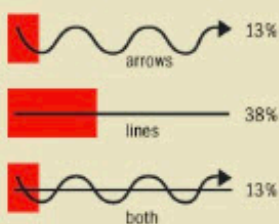


## BASE COLOR



## NAVIGATIONAL ICONOGRAPHY

Frequency of arrows & connecting lines in infographics:

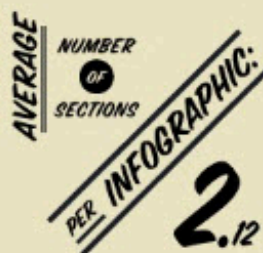


# CONTENT

## COUNTRIES FEATURED



## SECTIONS



CONCEPT & DESIGN Ivan Cash

SOURCE 49 infographics collected at random from [www.good.is/infographics](http://www.good.is/infographics)

Spanish 3 - Senderos 3 -Lección 3 - Commercial Grading Rubric

Group Members\_\_\_\_\_

<b>Part 1-Commercial</b>	
Dialogue -Present Perfect 5x -Past Perfect 5x -Present Perfect Subjunctive 5x -Grammar errors	
Testimonial Classes Offered Equipment Amenities/Facilities Trainers Location/Contact Info	
*Extra Credit - In a gym.using Gym equipment	/50
Speaking Person 1 Person 2 Person 3 Person 4	 /25 /25 /25 /25

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Spanish 3 - Senderos 3 -Lección 3 - Infographic Grading Rubric

Name \_\_\_\_\_

Part 2 - Infographic	
1) La nutrición - 5 questions answered - Grammar errors	
2) El ejercicio -4 questions answered -grammar errors	
3) El estrés -4 questions answered -grammar errors	
-Picture of Self -In Color	/50

Spanish 3 - Senderos 3 -Lección 3 - Infographic Grading Rubric

Name \_\_\_\_\_

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