

Unit 4 Sport and health

Task 1: Benefits of regular physical activity

Match the following headings with paragraphs.

- A) Exercise improves mood
- B) Exercise promotes better sleep
- C) Exercise controls weight
- D) Exercise boosts energy
- E) Exercise combats health conditions and diseases

Want to feel better, have more energy and perhaps even live longer? Look no further than exercise. The health benefits of regular exercise and physical activity are hard to ignore. And the benefits of exercise are yours for the taking, regardless of your age, sex or physical ability.

1. Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn. You don't need to set aside large chunks of time for exercise to reap weight-loss benefits. If you can't do an actual workout, get more active throughout the day in simple ways — by taking the stairs instead of the elevator or revving up your household chores.
2. Worried about heart disease? Hoping to prevent high blood pressure? No matter what your current weight, being active boosts high-density lipoprotein (HDL), or "good," cholesterol and decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases. In fact, regular physical activity can help you prevent or manage a wide range of health problems and concerns, including stroke, metabolic syndrome, type 2 diabetes, depression, certain types of cancer, arthritis and falls.
3. Need an emotional lift? Or need to blow off some steam after a stressful day? A workout at the gym or a brisk 30-minute walk can help. Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.
4. Winded by grocery shopping or household chores? Regular physical activity can improve your muscle strength and boost your endurance. Exercise and physical activity deliver oxygen and nutrients to your tissues and help your cardiovascular system work more efficiently. And when your heart and lungs work more efficiently, you have more energy to go about your daily chores.

5. Struggling to fall asleep? Or to stay asleep? Regular physical activity can help you fall asleep faster and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to fall asleep.

(By Mayo Clinic Staff)

After you read:

Can you add more benefits?

What should people do before they start a new exercise programme?

Task 2: Listening

(<https://www.youtube.com/watch?v=swZZDscsqiY>)

Listen to a speaker presenting the benefits of exercise. How many you remember?

Task 3: Describing exercise

Complete the gaps with parts of the body.

Rotate your _____ clock-wise / anti-clock-wise

Shrug your _____

Turn your _____ from side to side

Stand with your _____ apart/ shoulder width apart

Keep your _____ straight

Bring/ stretch/ extend your _____ to the side/ overhead/ straight forward

Swing ___ from side to side and around in a circle

Bend forward from your _____ and relax

Clasp your _____ behind your head

Cross _____ over your chest

Lie on your _____, arms at the side, _____ down/up, now bend your _____

Hold your knee with both _____ and pull it towards your _____

Squat on the floor with one _____ bent up against the chest, the other leg stretched out behind

Kneel on the ground, _____ apart

Lift up/ raise your _____.

Describe your favourite exercise, including the benefits of it.