

Listening

<http://www.bbc.co.uk/learningenglish/english/features/6-minute-english/ep-171123>

Listen to a BBC podcast on exercising. Answer the following questions:

1. Why does Catherine prefer group exercise? -motivating, push hard
2. How many people in the UK are members of the gym? 1 in 7
3. Why has group exercise become more popular, according to Philip Mills? Helps people to commune (družít se)
4. What will exercise look like in the future? Virtual