ASPECTS OF EXERCISE

Vocabulary

Fill the gaps with the correct word chosen from below.

increase   joints   recovery   health   immune   regular   cardiovascular

Physical exercise is the performance of some activity in order to develop or maintain physical fitness and overall _____. Frequent and _____exercise is an important component in the prevention of the diseases such as heart disease, cardiovascular disease, Type 2 diabetes and obesity.

Exercises are generally grouped into three types depending on the overall effect they have on the human body:
1. Flexibility exercises such as stretching improve the range of motion of muscles and _____.
2. Aerobic exercises such as walking and running focus on increasing _____ endurance.
3. Anaerobic exercises such as weightlifting or sprinting _____muscle strength.

Physical exercise is important for physical fitness including healthy weight, building and maintaining healthy bones, muscles and joints; and strengthening the _____ system. Proper nutrition is at least as important to health as exercise. When exercising it becomes even more important to have good diet to ensure the body has the correct ratio of micro and macronutrients to help the body with the _____ process after exercising.

EXERCISE - Giving Instructions

1) Match the beginning of each sentence with its ending:

#2 – Bridge Pose

A) The bridge pose is a great way

B) Lie on your back on a mat with bent knees

C) Ensure that your hands are straight

D) Inhale and lift your buttocks upward

E) Hold this position for a couple of seconds

1) with your hips off the mat.

2) and stretched towards your heels with your palms down.

3) to stretch your spine and open up the front of your body.

4) before returning to the starting position

5) and place the soles of your feet firmly on the floor.

2)

#1 – Cat Pose

The cat pose helps to improve flexibility in your spine while strengthening your back and arms, and firming and toning the muscles at your back. _____ these steps to perform the cat pose:

☐ _____ on your hands and _____ on a _____ surface, ensuring your knees are hip-width apart and directly _____ your hips.

☐ With your arms _____ and below your shoulders, breathe in and arch your back backwards like an angry _____.

☐ Pull your stomach _____ in and upwards while tucking your chin in _____ your chest. Round your back and tuck in your head as you breathe _____.

☐ _____ this pose a couple of times with a flowing tempo.

2) Study the following instructions and perform the exercises.

Vocabulary: bend, split, press, lean, grab, clasp, pull

Hamstring Stretch
Sit on a bench or on a chair with another chair across from you. Stretch one leg out, toes up, with the other foot on the floor. Keep your back straight and bend forward from the hips until you feel a gentle stretch in the back of your leg.

Calf Stretch
Stand with hands on the wall for support in split stance - one leg forward and one leg back. Press the back heel towards the floor and lean the body forward until you feel a gentle stretch in your calf. Repeat on the other side.

Quad Stretch
Do this exercise standing or lying on the floor. Holding onto a wall or chair for support, bend one knee, bringing the foot up behind you towards your backside. Grab onto the foot or ankle with your hand and point the knee towards the floor to feel a stretch down the front of your thigh. Repeat on the other side.

Back Stretch
Clasp your hands together in front of you and round your back towards the floor, pressing your arms away from your body to feel a stretch in your upper back.

Torso Stretch

Triceps Stretch

Sitting or standing, clasp your hands straight up overhead, palms facing the ceiling. Gently lower to the right side until you feel a stretch down your left side. Switch sides and repeat.

Bend the left elbow behind your head and use the right hand to gently pull the left elbow in further until you feel a stretch in the back of your arm. Switch sides and repeat.

Now think of your favourite stretching exercise and give instructions to your colleague. Remember that your instruction should be clear and helpful.

You can also use the following sequencing expressions:
First, (you)...
The first thing you do is...
Then, (you)...
Next, (you)...
After that...
Lastly, (you)...
In the end...