

Unit 8 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.

Speaking

Fitness - Exercise Myths

Although some old fitness fictions, such as “no pain, no gain” are fading fast, plenty of popular exercise misconceptions still exist. Here are some of the most common myths as well as the not-so-common facts based on current exercise research. Discuss them. Do you consider them myths? Support your arguments.

- 1. If You're Not Going to Work Out Hard and Often, Exercise Is a Waste of Time.**
- 2. Yoga Is a Completely Gentle and Safe Exercise.**
- 3. If You Exercise Long and Hard Enough, You Will Always Get the Results You Want.**
- 4. Exercise Is One Sure Way to Lose All the Weight You Desire.**
- 5. Overweight People Are Unlikely to Benefit Much From Exercise.**
- 6. Home Workouts Are Fine, But Going to a Gym Is the Best Way to Get Fit.**

Reading

TIME-SAVING EXERCISE TIPS

Exercise is never a waste of time as it's an important part of a healthy lifestyle. It's also something you can do with other people, which can be great fun. So, there's no time like the present to make that commitment to yourself to find time to exercise and improve your health. As well as using good time management, another way to find time to exercise is to build it into the natural rhythm of your day. Depending on your lifestyle, you might want to consider the following ideas.

TASK 1: Who is the following advice aimed at?

1. People in employment
2. People based at home
3. People looking after children
4. Students

Go for walks with friends to talk about your studies. Brainstorming about an essay as you walk around the campus can be a productive use of your time.

Most colleges run sport and exercise programmes that students can take part in. Find out which activities are on offer, and try those you think you might enjoy. Be adventurous and pick something you've not tried before.

Walk to and from work. If you live too far away, park further from the office or get off the bus or Tube one stop earlier.

Talk to your employers about promoting health at work. Ask if it's possible for them to provide showers and cycle racks to encourage people to cycle to work.

Exercise with your child. Take them to the local swimming pool or play in the garden or local park.

Walk your child to school. Not only will this help you to be active, it will also help your child develop an early pattern of physical activity that might stay with them into adulthood.

Go for a walk in your lunch break. Try to find at least three different walks and vary them throughout the week.

Look at ways in which you can be more active in and around your home. Use the stairs to exercise, work on the garden or install some gym equipment, for example.

Plan your week so you have to walk to the shops frequently. By going often you'll only have to carry light bags of shopping back.

TASK 2: Choose a target group (one of the four above) and give more tips on integrating exercise into the daily plan.

EXERCISE - Giving Instructions

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

TASK 1: Study the following instructions and perform the exercises.

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

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.

Triceps Stretch

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.

TASK 2: 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...