

Exercise and Fitness

Warm up:

- What type of exercise do you do on a regular basis?
Do you enjoy it?
- What are some common mistakes people make with exercise?
- Who is the fittest person you know? How do they stay in shape?
- Do you have any tips for how to motivate yourself to exercise?
- If you had a year to train, do you think you could run a marathon (42km)?
- Do you prefer exercising alone or in a group? Why?



1. Put the exercises and sports into the categories below (feel free to add your own sports or exercises).

jogging	football	push-ups	swimming	rock-climbing
cycling	walking	dancing	pull-ups	couch-surfing
sit-ups	weightlifting	yoga	squats	running on a treadmill

I can't stand...	I don't mind ...	I enjoy ...



2. Choose two of the sports from above and explain to your partner why you love it, hate it, or don't mind it. Try to go into detail. You may choose an exercise not on the list.



3. Use the words in the box to complete the article about exercise and fitness below.

endurance	routine	joints	well-being
bench press	shape	treadmills	muscles
cholesterol	gain	weight	strenuous

Cardio

When exercise is mentioned, many people's first thought is cardiovascular training, or cardio for short. Cardio training is a vital part of any training routine, as it promotes heart health, can help with losing *weight*, and is just excellent for overall *well-being*. Typical cardio activities include *endurance* sports such as running and cycling, but technically anything that requires you to move your body is cardio. These days more and more people are using machines such as *treadmills* for cardio, which were actually originally invented as a torture device!



Strength Training

Strength training usually involves using weights or your own body weight to challenge your *muscles* and increase physical power. These exercises are often done for several repetitions (commonly called reps), and each group of reps is called a set. Common strength training exercises include *bench press*, squats, and push ups. Strength training has a long list of benefits including increased bone density, decreased *cholesterol*, and can be great for a good night's sleep! Weight-lifting in particular has become more popular in recent years with the rise of body-building and the "no pain, no *gain*" gym culture.



Stretching

Stretching and flexibility training are often overlooked when discussing overall fitness, but it can be key to staying in *shape*, especially as we get older. If you want healthy *joints* and ligaments as you age, incorporating a morning stretching *routine* such as yoga or Pilates is a no-brainer! It's also generally less *strenuous* than other types of exercise, and can be done pretty much anywhere!





4. Use the words in the box to describe different parts of the body.

thighs

calves

pecs/chest

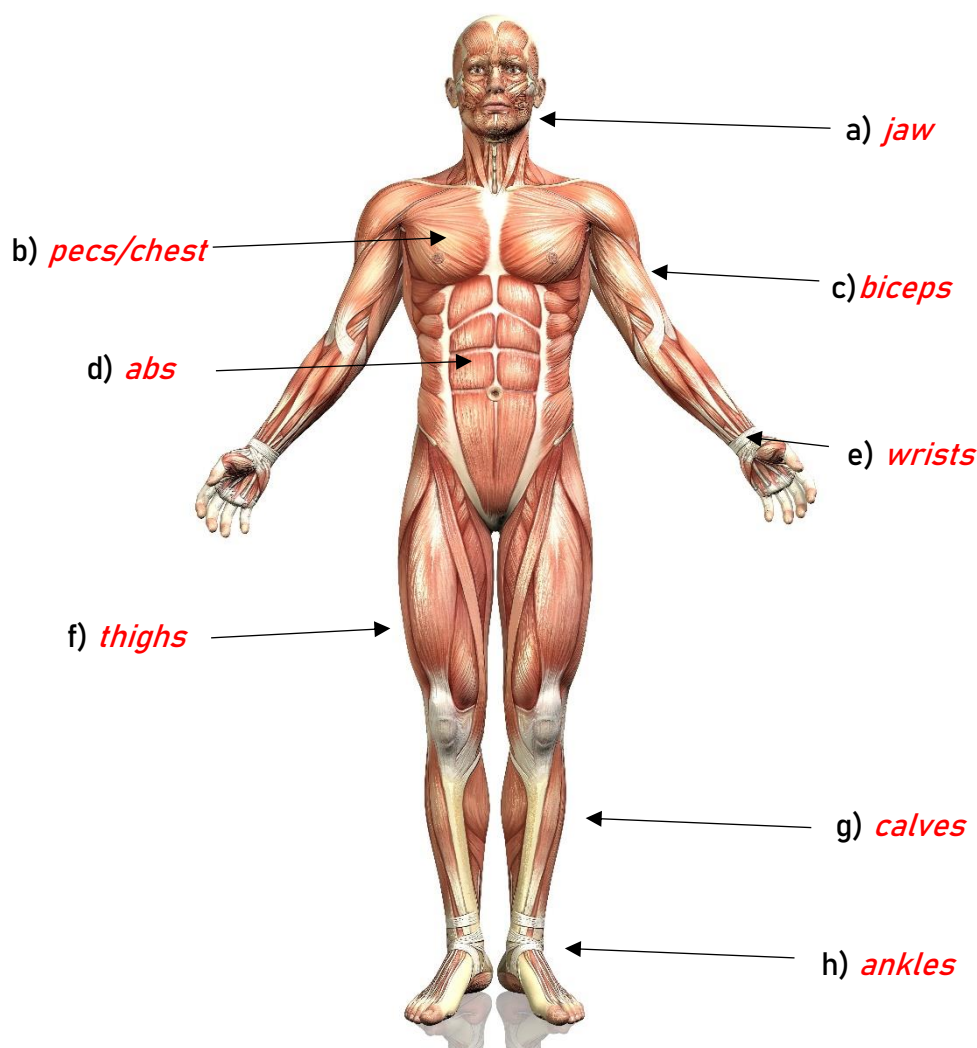
ankles

abs

wrists

biceps

jaw



5. Ask and answer the questions with a partner.

- a) Do you have a part of your body that often gets sore?
- b) Is there a type of exercise that you think does more harm than good (ie. people often injure themselves doing this)?
- c) Do you know anyone who is very muscly?
- d) Do you have a recurring injury that you have to be careful with? What happened?
- e) Is there a part of your body that you think is particularly strong or weak?



6. You are going to watch a video about common exercise myths that contains the following vocabulary. Use the vocabulary to complete the sentences.

debunked	indicator	bulky	volume
lack of	rest	vice versa	effective

- He's a big, *bulky* guy, most clothes are too small for him.
- It's important to rest *after* lifting weights to give your muscles time to recover.
- The idea of a flat earth has been completely *debunked*, although some people continue to believe it.
- Losing a lot of weight suddenly can be an *indication* of diabetes.
- The most *effective* way to improve your overall well-being is through diet and exercise.
- Regular exercise will improve your immune system, and *vice versa*, having a healthy immune system will let you exercise more.
- If you feel tired all the time, it could be due to a *lack of* vitamin D.
- Increasing the *volume* of exercise you do too suddenly can lead to injuries.



7. Before you watch the video read through the list of statements about exercise with a partner. Seven of them are true and seven are myths. Decide which are which.

- Exercise can help you sleep better. *T*
- You didn't work hard enough if you don't feel sore. *F*
- The more you sweat, the more effective your workout is. *F*
- The more muscle you have, the more calories you will burn while resting. *T*
- You can "tone" your muscles without them getting bigger. *F*
- The largest muscle in the body is the gluteus maximus (the butt muscle). *T*
- If you have a bad diet, you can balance that out by exercising a lot. *F*
- You can target specific parts of your body for fat loss (i.e specifically losing weight on your stomach). *F*
- The more time you spend in the gym, the better. *F*
- The word "gymnasium" (gym) comes from the Greek word "gumnasion" which means "to exercise naked." *T*



11. The jaw is the strongest muscle in the body. *T*
12. Muscle can turn into fat. *F*
13. You use approximately 200 muscles when you take a single step. *T*
14. Men and women tend to store fat in different places on their bodies. *T*



8. Now watch the [video](#)¹ and mark down which statements from exercise 7 are myths. If it isn't mentioned in the video, it is true. Which myths or true statements did you find most surprising?

¹ <https://www.youtube.com/watch?v=yL21JR2U1mY>