

Getting Hot and Sweaty

Q1 Write true or false for each of these sentences:

- a) Only sporty people should do exercise.
- b) It's not worth doing exercise unless you keep going until you puke or pass out.
- c) You can fit more exercise into your routine by doing things like walking to the shops instead of taking the bus.
- d) Yoga, dance and self-defence are too easy — they don't count as proper exercise.
- e) It is a good idea to warm up with some stretches before you start exercising.

Q2 Copy and complete this paragraph, filling in the gaps with words from below:

Exercise makes you feel more cheerful by releasing chemicals called in your brain. Regular exercise can help you avoid and As you exercise more you'll notice that your get firmer and you start standing up straighter. The more you exercise, the more you burn, so you'll find if you exercise regularly you start, or you can eat without

more depression muscles putting on weight
 energy endorphins losing weight stress

Q3 What can you say to these people to persuade them that exercise is a good idea?

- a) "I'm in a really bad mood. I just don't feel like playing football."
- b) "I hate doing exercise — it's so embarrassing wearing lycra in front of all those super-fit people at the gym."
- c) "I just feel knackered after I've been for a run. How can you say exercise gives you energy?"

DISCUSSION
QUESTION

Q4 The last exercise Karina did was playing kiss chase at primary school. But she's decided to get off the sofa and get fit.

Write an exercise plan for Karina to follow, building up to doing at least half an hour of energetic exercise three times a week.

DISCUSSION
QUESTION

Q5 Think about how much exercise you do in an average week.

Write down all the exercise you do in a week and how long you spend doing it.

Compare the amount of exercise you do with the rest of your group. Suggest ways for each other of fitting more exercise into your week.

Write yourself a new exercise plan based on the suggestions.