

## Unit 3 FITNESS, BENEFITS OF EXERCISE AND MEDICAL PROBLEMS

### FITNESS

What does it mean to be physically "fit?" Physical fitness is defined as "a set of attributes that people have or achieve that relates to the ability to perform physical activity" (USDHHS, 1996). In other words, it is more than being able to run a long distance or lift a lot of weight at the gym. Being fit is not defined only by what kind of activity you do, how long you do it, or at what level of intensity. Overall fitness is made up of five main components:

*Body composition*

*Cardiorespiratory endurance*

*Flexibility*

*Muscular strength*

*Muscular endurance*

**Task 1** Match the components of fitness with their definitions:

.....is the ability of the body's circulatory and respiratory systems to supply fuel during sustained physical activity. To improve it, try activities that keep your heart rate elevated at a safe level for a sustained length of time such as walking, swimming, or bicycling. Start slowly with an activity you enjoy, and gradually work up to a more intense pace.

.....is the ability of the muscle to exert force during an activity. The key to making your muscles stronger is working them against resistance. If you want to gain muscle strength, try exercises such as lifting weights or rapidly taking the stairs.

.....is the ability of the muscle to continue to perform without fatigue. To improve it, try cardiorespiratory activities such as walking, jogging, bicycling, or dancing.

.....refers to the relative amount of muscle, fat, bone, and other vital parts of the body. A person's total body weight (what you see on the bathroom scale) may not change over time. But the bathroom scale does not assess how much of that body weight is fat and how much is lean mass (muscle, bone, tendons, and ligaments).

.....is the range of motion around a joint. In the joints it can help prevent injuries through all stages of life. If you want to improve this skill, try activities that lengthen the muscles such as swimming or a basic stretching program.

Adapted from <http://www.seekwellness.com/fitness/>

## BENEFITS OF EXERCISE

The **benefits** of exercise are far-reaching. Clinical and epidemiological studies have demonstrated that regular aerobic exercise reduces the risk of death due to heart disease and stroke, aids in reducing weight, helps prevent diabetes mellitus, strengthens bones, and enhances immune function. The psychological benefits are also broad, and most studies suggest a positive relationship between physical fitness and mental achievement.

**How much exercise** is enough to improve general health, reduce the risk of heart disease, and increase longevity? It is clear that regular exercise, along with a generally healthy lifestyle, is beneficial. People who have sedentary lifestyles make up half the population of industrialized societies.

Adapted from "Exercise," Microsoft® Encarta® Online Encyclopedia 2009

**Task 2** Complete the text using the first and last letters of the word:

To summarise, regular exercise improves blood c\_\_\_\_\_n, prevents and manages high blood p\_\_\_\_\_e, keeps w\_\_\_\_\_t under control and improves your s\_\_\_\_\_h and flexibility.

Furthermore, physical activity improves your self-i\_\_\_e, as well as the ability to sleep well, manage s\_\_\_\_\_s and tension.

**Task 3** Answer the following questions:

1. What is the difference between physical activity and exercise?
2. How much physical activity does a person need?
3. Describe your favourite type of fitness activity and its effects.

## ILLNESS AND EXERCISE

Physical activity is good for our bodies in many ways. However, there are times when illness makes some type of exercise difficult or unwise. On the other hand, there are specific exercises that can be used to help with particular conditions.

Read the recommendations for people with one specific condition – can you guess which one it is?

*Start gradually if you are not used to regular exercise. Make sure you have a snack or drink of water when you need it, as becoming dehydrated will make you feel worse. If at any point you feel pain in your chest, arms or neck, stop exercising and rest. You must be careful about the exercise you take, especially aerobic exercise. Overdoing it will put a strain on the damaged tissue and could bring on angina.*

**Task 4** Write down some advice for people with other medical problems and let the others guess what condition you have in mind.

**Task 5 Exercise and asthma** ([https://www.youtube.com/watch?v=Oi\\_bJXG7MyE](https://www.youtube.com/watch?v=Oi_bJXG7MyE))

Listen to an expert giving tips on exercising to people with asthma and take down the main points.

- What does asthma cause?
- What triggers asthma attacks?
- What are common symptoms?
- What kinds of exercise should asthmatics do? What precautions should they take?

## PAST MODALS

*Past modals* come in two forms:

1. **Simple past modals** The first type is the easiest and usually requires only a simple word change:

I can drive.  
I **could** drive when I was 16.  
I have to go to California.  
I **had to** go to California.  
I don't have to go to school tomorrow.  
I **didn't have to go** to school last week.  
Lenny will pay me tomorrow.  
Lenny said he **would** pay me tomorrow.

Umím řídit.  
Uměl jsem řídit když mi bylo 16  
Musím jít do Kalifornie.  
Musel jsem jít do Kalifornie.  
Nemusím jít zítra do školy.  
Nemusel jsem jít do školy minulý týden.  
Lenny mi zítra zaplatí.  
Lenny říkal, že mi zítra zaplatí. (! nepřímá řeč, časový posun)

### 2. Past modals with *have*

Some past modals can be formed by using *have* + *the past participle* of the main verb immediately after the modal. (*should have, could have, would have, etc.*) When using past modals with **have**, special meanings need to be considered:

I should go to the funeral.  
I **should have gone** to the funeral.  
I **shouldn't have stayed** at home.

Měl bych jít na pohřeb.  
Měl jsem jít na pohřeb.  
Neměl jsem zůstat doma.

Lex might take Karen to the airport.  
Lex **may/might have taken** Karen to the airport.  
Lex **could have taken** Karen to the airport.

Lex možná odveze Karen na letiště.  
Lex možná vzal Karen na letiště.  
Lex mohl vzít Karen na letiště. (ale jí nevezal)

Chris didn't come to work yesterday.  
He **had to take care** of his children.  
His children **must have been** sick.

Chris nepřišel včera do práce.  
Musel se postarat o své děti.  
Jeho děti byly nejspíš nemocné.

Everything will be OK. You needn't worry.  
Everything was OK. You **needn't have worried**.

Všechno bude OK. Nemusíš si dělat starosti.  
Vše bylo OK. Nemusel jsi mít strach.  
nebo Zbytečně jsi si dělal starosti.

or You **didn't need to worry**.

They may be divorced.  
They **may have forgotten** about my birthday.

Možná jsou rozvedeni.  
Možná zapomněli na mé narozeniny.

(Adapted from Touchy Situations)

3. Complete the second sentence with **must/n't**, **should/n't** or **/don't have to** so that it has a similar meaning to the first sentence:

e.g.: It is vital to wear a helmet when you ride a motorbike.  
You **must wear** a helmet when you ride a motorbike.

1. I expect we'll get the contract because we offered the best price.  
We offered the best price, so we.....

2. It isn't necessary for us to spend a long time in a shopping centre if we don't need so many things to buy.  
We.....

3. It was wrong of you to speak to my mother like that.  
You.....

4. It's essential that my father doesn't find out what I've done.  
My father.....

5. I think it's a good idea to check the timetable before we leave.  
We.....

4. Rewrite the following sentences using **may**, **may not**, **can't** and **must** without changing the meaning /there may be more possibilities/:

1. It is possible they don't live here any longer.  
They .....

2. It is sure there is a mistake.  
There.....

3. I am positive that they sold the house.  
They .....

4. It is possible that they are not married.  
They.....

5. I am not quite sure if she gave up her job.  
She .....

6. Maybe they did not finish the work.  
They .....

7. He certainly did not give his speech yesterday.  
He .....