

Unit 5 Fitness and medical problems

Task 1 Fitness

- a) Talk to your partner. The purpose of your conversation is to find out who is fitter. What questions will you use to find out?

b) Reading

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

Match the components of fitness from above 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/>)

Task 2 Benefits of exercise

- a) **Discuss. What benefits of exercise do you enjoy?**
- b) **Read the text. Explain the phrases in italics in your own words.**

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 2)

- c) **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 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.

- a) **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.

- b) **Write down advice on exercising for people with another medical condition and let the others guess what condition you have in mind.**

- c) **Listening**

Exercise and asthma (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?

Task 4 Modals

a) Match phrases with similar meaning:

You don't have to...

He managed to...

He was able to...

Do you mind if I...?

May I ...?

It isn't necessary for you to...

Shall we ...?

It is forbidden ...

You mustn't ...

You are supposed to...

You should ...

It was necessary for them to...

They had to...

Let's ...

b) Modals expressing certainty

certain - *must*

E.g. It must be true.

possible - *may/might*

It may be true.

unlikely - *can't*

It can't be true.

Complete the gaps with modal verbs **must/ may/ might/ can't**:

I'll probably be going to the conference so I see you there.

John is sweating and can hardly speak. He be very well.

I'm sure it's true. It simply be true.

Oh, you be Mrs. Blunt. Nice to meet you.

Jenny is on an assignment in Bali, she be in her office now.

You can't be serious. You be joking.

c) Past modals

Rewrite the following sentences using *may, may not, can't and must + have* without changing the meaning (there may be more possibilities):

Example: I'm sure it was love.

Itmust have been love.....

1. One thing is for sure - they made a mistake.

They.....

2. It is possible that they sold the house.

They

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

She

4. Maybe they did not finish the work.

They

5. He certainly did not give his speech yesterday.

He

Extra task: <http://www.englishpedia.net/grammar-exercises/modals/modals-degrees-of-certainty.html>