



"WOULD YOU RATHER..." FITNESS CHALLENGE!

Each "would you rather" question will give you two fitness-related options. Choose your answer and explain your choice. Don't just pick an answer—tell us *why* you chose it! Do you prefer outdoor workouts because you love fresh air? Would you rather have unlimited energy because you're always tired after work?

There's no right or wrong answer—just an opportunity to share opinions and get to know each other.

WOULD YOU RATHER...

... have unlimited energy for workouts or need only 4 hours of sleep to feel fully rested?

... do an intense 10-minute workout or a slow, easy 60-minute workout?

... work out in a gym with all the best equipment or have a personal outdoor training space with no machines?

... go for a sunrise run on the beach or a sunset hike in the mountains?

... cycle outdoors for an hour or use a stationary bike at the gym for 30 minutes?

... do yoga in a peaceful park or in a quiet, air-conditioned studio?

... swim in an open lake or in an Olympic-sized indoor pool?


... achieve your dream body but never eat your favourite food again or keep your current fitness level but eat anything you want?

... get your daily exercise from doing chores (like cleaning and gardening) or from playing a fun sport?

... go for a slow, relaxing nature walk or an exciting adventure like rock climbing?

... have a personal chef to cook healthy meals for you or a personal trainer to help you stay active?

KEEPING FIT

1  You will hear the first part of a recording in which the speaker describes his attempts at keeping fit.

Why did the speaker start exercising?
What kind of exercise did he begin with?
Was he happy with it? Why / why not?

2  Listen to the second part of the recording.

Does the speaker mention any of the sports you suggested?
Which sport does he finally decide on and why?

Now give the speaker some advice on what kind of sport would be better suited for him and why, using some of the phrases from the box below.

Keeping Fit

keep-fit centre (GB) / fitness center (US)
to lift weights / pump iron
bench press / press 25 kilograms
barbells

callisthenics
aerobics
exercise bike

sit-ups
push-ups
star jumps / jumping jacks (US)

HOW HEALTHY ARE YOU?

Take this quiz to find out how healthy your lifestyle is! In pairs, answer each question and keep track of your partner's points. At the end, check your scores to see your health level and get some recommendations.

1. How often do you exercise?

- a) Every day or at least 4-5 times a week (3 points)
- b) A few times a month (2 points)
- c) I rarely exercise... unless running to catch the bus counts! (1 point)

2. How many hours do you sleep per night?

- a) 7-9 hours, like a sleep champion! (3 points)
- b) 5-6 hours, but I feel okay (2 points)
- c) Less than 5 hours... I'm basically a zombie (1 point)

3. What do you usually drink during the day?

- a) Water, tea, or natural juice (3 points)
- b) Soda or sugary drinks (2 points)
- c) Energy drinks or lots of coffee (1 point)

4. How often do you eat fresh fruits and vegetables?

- a) Every day! (3 points)
- b) A few times a week (2 points)
- c) Hardly ever, I prefer fast food (1 point)

5. How do you usually spend your free time?

- a) Doing sports, hobbies, or outdoor activities (3 points)
- b) Watching TV or playing video games, but I move sometimes (2 points)
- c) Sitting on the couch scrolling on my phone for hours (1 point)

6. How do you manage stress?

- a) Exercise, meditate, or do something relaxing (3 points)
- b) Talk to friends or listen to music (2 points)
- c) Eat junk food, binge-watch Netflix, or ignore it (1 point)

7. What is your breakfast like?

- a) Healthy and balanced – fruit, protein, and whole grains (3 points)
- b) Just coffee and maybe a snack (2 points)
- c) I skip breakfast (1 point)

8. How often do you go for a health check-up?

- a) Regularly, even when I feel fine (3 points)
- b) Only when I feel sick (2 points)
- c) Almost never... doctors scare me! (1 point)

9. How much time do you spend sitting per day?

- a) Less than 4 hours – I move a lot! (3 points)
- b) About 4-6 hours (2 points)
- c) More than 6 hours – my chair and I are best friends (1 point)

10. What's your attitude towards a healthy lifestyle?

- a) I love it! It makes me feel great! (3 points)
- b) I try, but it's not always easy (2 points)
- c) Meh, I don't really think about it (1 point)

YOUR SCORE & RESULTS!

25-30 points – Health Hero!

You have great habits and take care of yourself! Keep up the good work, and don't forget to inspire others to live healthily too.

15-24 points – Trying, but could improve!

You're doing well, but there's room for improvement. Try to exercise a bit more, eat healthier, and reduce screen time. Small changes can make a big difference!

10-14 points – Health in Danger!

Your lifestyle might be hurting your health. Try to eat better, move more, and get enough sleep. Start with small steps, and your body will thank you!

Now that you know your score, think about this:

- If your score was low, what do you think makes it difficult for you to have a healthier lifestyle? Is it lack of time, motivation, or something else? What could help you improve?
- If your score was high, why do you think some people struggle to stay healthy? What advice would you give them to make healthy habits easier?

Read the article on the next page and answer these questions:

What are the two main types of barriers to physical activity, and how do they differ?

According to the article, what are the three biggest personal barriers that stop adults from exercising? Do they also affect you? In what way?

How can people with a lack of time still include physical activity in their daily routine?

Why might elderly people find it harder to exercise, and what activities are suggested for them?

What are some environmental factors that can prevent people from being physically active, and how can communities help solve these problems? Do you face any of these challenges in your daily life?

OVERCOMING BARRIERS TO PHYSICAL ACTIVITY

Many people find it difficult to be physically active, even though exercise is important for health. There are different reasons why people do not exercise, and these reasons can be grouped into two categories: personal barriers (internal) and environmental barriers (external).

PERSONAL BARRIERS

Personal barriers are related to a person's own thoughts, feelings, and lifestyle. Some common reasons why people avoid exercise include:

- Lack of time: They feel too busy with work, school, or family.
- Lack of motivation: They do not feel like exercising.
- Lack of energy: They are too tired after work or school.
- Boredom: They find exercise uninteresting.
- Fear of injury: They worry about getting hurt.
- Lack of confidence: They feel they are not good at exercising.
- No social support: They do not have friends or family to exercise with.
- No nearby facilities: There are no parks, gyms, or safe places to exercise.

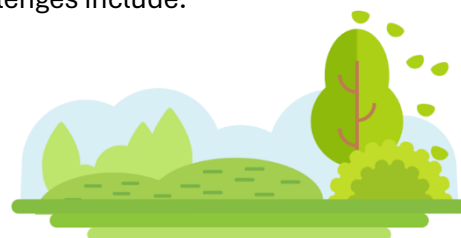


A study found that the biggest barriers for adults are lack of time, energy, and motivation. For middle-aged and elderly people, the most common problems are tiredness, lack of motivation, and not knowing how to exercise properly.

ENVIRONMENTAL BARRIERS

The environment also affects how much people exercise. Some challenges include:

- No parks or walking paths nearby.
- Heavy traffic or unsafe streets.
- No access to public transport to reach exercise locations.
- Crime or pollution in the area.
- Lack of community support for physical activity.



HOW TO OVERCOME BARRIERS

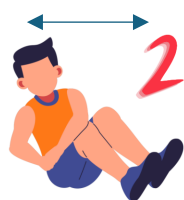
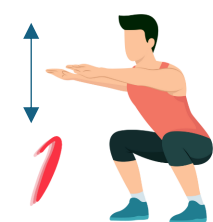
The good news is that people can find ways to overcome these problems. Here are some solutions:

- Lack of time: Plan your day and find small time slots for exercise. Walk or cycle instead of driving, and take the stairs instead of the elevator.
- Lack of motivation: Set goals, make a schedule, and find a friend to exercise with.
- Lack of energy: Try exercising at times when you feel most active, such as in the morning.
- Fear of injury: Learn proper warm-up and stretching techniques. Choose low-risk activities like walking or swimming.
- No facilities or equipment: Choose activities that do not require a gym, such as jogging, skipping rope, or home workouts.
- Weather issues: Have an indoor exercise plan, such as dancing, climbing stairs, or using an exercise video.

For older adults, retirement can be a great time to start new activities. They can try walking, dancing, gardening, or playing with grandchildren to stay active.

By recognizing these barriers and making small changes, people can include physical activity in their daily lives and improve their health.

EXERCISES



Russian twists

Plank

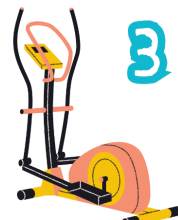
Squats

Push-ups

Lunge

Chin-ups

GYM EQUIPMENT



Elliptical

Treadmill

Yoga mat

Spinning bike

Heavy bag

Kettlebells

HEALTH-RELATED TERMS



Strength

Flexibility

Stretching

Balance

Endurance

Cardio

LET'S SEE IF YOU CAN COME UP WITH A FEW EXTRA WORDS TO EXPAND THESE LISTS.

7-DAY HEALTH & FITNESS CHALLENGE

In pairs, design a realistic and engaging one-week health and fitness challenge that could help someone (or yourself) improve their health and fitness. Use the vocabulary you've learnt in this unit.

Your plan should include:

- A theme (e.g., "The Energy Boost Challenge")
- Daily tasks related to exercise, nutrition, and wellness

You may also add encouraging tips.



	EXERCISE	NUTRITION	WELLNESS	OTHERS
Example: Day 1	Do 20 minutes of stretching or yoga	Eat a healthy breakfast (e.g., oatmeal with fruit)	Drink at least 2 litres of water	Take a break from screens for 30 minutes
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				
DAY 6				
DAY 7				