Health and lifestyle

Getting outdoors

Outdoor Pursuits Magazine talks to outdoor enthusiast and personal trainer Luke Matthews from Brisbane, Australia

You are a personal trainer Luke, but how do you like to keep fit?

Well, I have a healthy diet and I exercise regularly. I work out in the gym, but I prefer exercising outdoors. I go running every day because I think it's the best exercise you can do. Believe me, if you go jogging or running regularly, you'll get fit.

All forms of running are becoming popular in the Emirates now. Where do you like to run?

Here in Abu Dhabi, I run along the Corniche. I usually run at about 5 am before temperatures get too high. I do a lot of cycling too. I'm looking forward to trying out the new Al Qudra Cycle Path in Dubai.

Oh, yes. It's a great place to get away from the traffic and experience the desert. Have you been to the desert yet?

Oh, yes. I've been hiking in the desert a few times already. Hiking is a great way to discover a new country and it keeps you fit. I believe the Emirates have some of the best hiking in the Middle East.

Yes, I'd agree with you. What do you like most about hiking?

It's exciting. If you love adventure, you'll love hiking. I've recently joined a hiking group and we've been to the Ras Al Khaimah foothills, and the Hajar Mountains. The scenery was spectacular, with really deep canyons and steep rock faces. I'm lucky we're able to go now, as I've heard it can reach 50 °C here in the summer.

Do you do any water sports, Luke?



Sure. What Australian doesn't love surfing! If I find the right instructor, I'll try kitesurfing while I'm here, too. It looks amazing. I've heard that Yas Island in Abu Dhabi is the place to go.

What would you say to anyone in the Emirates who wants to get fit and be healthier?

I'd say, stop eating fast food and get outdoors. In my opinion, the best way to get fit is to improve your diet and do some exercise. Explore the fantastic landscape your beautiful country has to offer. There are so many things you can do here. Go for it!

Read the article again. Are these statements true (T) or false (F)?

- [ ] 1. **Luke thinks going to the gym is the best way to get fit.**
- [ ] 2. **Luke doesn't go running in the UAE because it's too hot.**
- [ ] 3. **Luke likes cycling, but he hasn't been to the Al Qudra Cycle Path in Dubai yet.**
- [ ] 4. **Luke thinks hiking is a great activity if you love adventure.**
- [ ] 5. **Luke will try surfing if he finds a good instructor.**
- [ ] 6. **Luke thinks exercise is the only way to get fit and healthy.**

LIVEWORKSHEETS