

READING

1 Read the article quickly and tick (✓) the ideas that are mentioned.

- | | | | |
|---|--------------------------|---|--------------------------|
| 1 what to do if you hurt yourself | <input type="checkbox"/> | 4 how important your mind is | <input type="checkbox"/> |
| 2 taking the right medicines | <input type="checkbox"/> | 5 eating the right foods | <input type="checkbox"/> |
| 3 preparing your body before you exercise | <input type="checkbox"/> | 6 getting into good habits when you are young | <input type="checkbox"/> |

TEENAGE MAG

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BODY AND MIND

Everybody knows that exercise is good for you. But what about exercise for the mind – how can that help you? *Teenage Mag* spoke to Dr Bathurst, a yoga teacher, about the benefits of yoga.

TM: Many people think that yoga is a slow, boring activity. Tell us why it isn't.

DR B: Well, yoga is about body and mind. Your mind and your body are working together, and it can be quite fast too. You can't always see that though. You **stretch** your body – you know, make it longer – and you do the same with your mind. In yoga, you have to get your body into some difficult positions, for example, standing on one foot and moving your whole body forward. Your mind can help you do this. If you look at one place and just think about that, then it's easier. This is something you can learn to do. For young people who enjoy sport, yoga can help them think – you know, concentrate. In football, for example, people are always shouting at you and telling you what to do. If you can concentrate, then you have a better chance of scoring a goal. Yoga can help with concentration for your school studies too.

TM: And can it help if you're ill? If you break your arm, or if you get toothache?

DR B: Well, then you have to go to the doctor or the dentist, but if you know how to **take it easy**, you'll get better faster.

TM: And yoga can help you **avoid** some injuries, can't it?

DR B: Yes. That's perhaps more important with older people, but it's good to **get used to** stretching when you're younger. Before you exercise, you should always **warm up**. This is so that your body is warm and you can stretch more without hurting yourself.

TM: Thank you very much! Here at *Teenage Mag* we're all going to try out a yoga class.

COMMENTS

I love yoga, or any of these kinds of activities. It's really important to be able to concentrate.

Celine, Switzerland

My basketball coach makes us do warm-up exercises before we have a match. He always shouts out 'You'll play better if you stretch!' Now I understand why!

Diego, Argentina

This is true. My friend injured her ankle and the doctor said that it was because she hadn't warmed up properly.

Itzel, Mexico



2 Read the article again and choose the correct word.

- 1 Dr Bathurst is a *yoga instructor* / *dentist*.
- 2 Yoga is *not as slow as* / *slower than* people think, according to Dr Bathurst.
- 3 He says people who do yoga *learn how to concentrate* / *are good at sports*.
- 4 People who do yoga may *get well sooner* / *take longer to get well* than people who don't.
- 5 Yoga can help you because you *prepare your body* / *test your body* for activity.

3 Who mentions these things in the comments? Write *Celine*, *Diego* or *Itzel*.

- 1 something that happened to somebody else _____
- 2 preparing for sport by exercising first _____
- 3 enjoying activities that are similar to yoga _____

4 Match the **highlighted** words in the article to the meanings.

- | | |
|----------------------|---|
| 1 get used to _____ | a make your body, or part of your body, longer and straighter |
| 2 stretch _____ | b relax and not worry about something |
| 3 take it easy _____ | c get to know something so it is no longer unusual |
| 4 avoid _____ | d do gentle exercise to prepare for harder exercise |
| 5 warm up _____ | e stop something from happening |