

What are the most popular ways to keep fit?

- Tick the option you know about

1. High-Intensity Interval Training (HIIT)

Generally healthy, but can lead to injuries if overdone or improperly performed.

2. Crash Diets (e.g., Keto, Paleo, Juice Cleanses)

Health impact: Often unhealthy due to nutrient deficiencies or unsustainable eating patterns.

3. Yoga and Mindfulness Practices

Healthy for flexibility, stress reduction, and balance, though results may vary.

4. Extreme Weightlifting or "Bodybuilding Culture"

Healthy in moderation but can lead to injuries or unhealthy supplementation when extreme.

5. Marathon and Endurance Sports

Healthy, but overtraining can strain the heart or lead to burnout.

7. Detox Programs or "Fitness Teas"

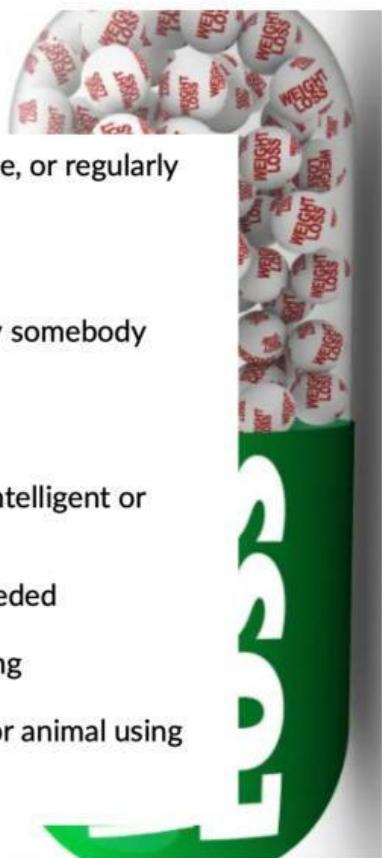
Mostly unhealthy, as they often cause dehydration or nutrient loss.

9. Group Bootcamps and CrossFit

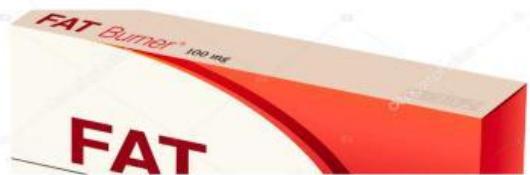
Can be healthy, but injury rates are higher due to intensity.

Match words with the correct definitions.

1. soar (v) a. an amount of a medicine or a drug that is taken once, or regularly over a period of time
2. curb (n) b. the likely future for somebody/something
3. dose (n) c. describing something that is intended to be used by somebody who is beginning to do something
4. injection (n) d. increase in a high level very quickly
5. outlook (n) e. a person or organization that is very large, strong, intelligent or important
6. titan (n) f. get rid of something that is no longer wanted or needed
7. shed (v) g. something that controls and puts limits on something
8. starter (adj.) h. the act of putting a drug into the body of a person or animal using a needle



- a. _____ the company that makes the drug Wegovy
- b. _____ the number of times the company that makes Wegovy has raised its profit and sales forecasts this year
- c. _____ the percentage by which the company expects operating profits to grow
- d. _____ the percentage of body weight that people can lose by using the drug
- e. _____ Europe's most valuable company
- f. _____ the percentage by which the company's shares had dropped on Thursday



Listening for specific information

Listen to the report again. Answer the questions true (T), false (F) or not given (NG).

1. The company behind the drug is increasing supplies to the US. _____
2. Wegovy is made by a company from Denmark. _____
3. The company behind the drug said, in May, that it would double the supply of starter doses. _____
4. The company that makes Wegovy was founded in 1923. _____
5. The injection should not be used in conjunction with other weight loss techniques. _____
6. The company that makes Wegovy has been described as a "luxury titan". _____
7. The company's shares dropped because of a warning about low supplies. _____

1. Comment:

"Many people rely on diet pills or supplements to lose weight quickly, believing they are an easy solution. However, these products often come with serious side effects and aren't regulated in many countries."

Question:

Do you think the risks of using diet pills outweigh the potential benefits? Why or why not?

2. Comment:

"Over-exercising has become a trend among fitness enthusiasts who believe that more is always better. Unfortunately, this can lead to injuries, exhaustion, and even long-term health issues."

Question:

Should there be more awareness campaigns about the dangers of over-exercising? How effective could these be?

3. Comment:

"Fad diets like juice cleanses or keto have gained massive popularity, but most of them aren't sustainable and can lead to nutritional imbalances."

Question:

Why do you think people keep following fad diets even when they know the results may not last?

"Some people have turned to invasive methods like weight-loss surgeries or medical injections to shed pounds quickly. While effective for some, these methods carry significant health risks and are often very expensive."

Question:

Should weight-loss surgeries or treatments be reserved for extreme cases, or should they be more accessible for anyone who wants them?

5. Comment:

"Social media influencers often promote 'miracle' weight-loss products or extreme workout routines, but many of these are misleading or even harmful."

Question:

How much responsibility should social media platforms take to regulate the promotion of dangerous weight-loss trends?

6. Comment:

"Intermittent fasting has become one of the most popular trends for weight loss, with many people claiming it's effective. However, skipping meals can also lead to overeating later or unhealthy relationships with food."

Question:

Do you think intermittent fasting is a healthy lifestyle choice, or does it carry hidden risks? Why?