

Listening practice:

Today, I'd like to talk about a problem that is becoming an _____ in modern society: sitting too much. Many people spend hours sitting _____ while travelling, studying, working in offices, or relaxing at home. _____, adults now spend a large part of their day sitting down, often without realising how much time has passed.

Throughout history, humans were much more _____. People walked long distances, used their muscles regularly, and moved their bodies naturally during daily activities. However, _____ in technology and the use of motorised vehicles have engineered movement out of modern life. Many tasks that once required _____ can now be done while sitting. As a result, modern society is geared around sitting because so much of everyday life is organised towards that particular activity.

Experts who study and investigate the link between sitting and _____ say that our bodies were not designed to sit this much. Sitting for long periods can cause problems with our muscles, blood circulation, and overall health. When _____ decreases, the flow of blood through the heart and blood vessels slows down, meaning oxygen is carried around the body less effectively. This can lead to negative effects such as increased levels of glucose and fat, decreased energy levels, and higher _____. Sitting too much may also increase the risk of heart disease and damage our physical wellbeing over time.

The problem is that avoiding sitting completely can be very difficult. Everywhere we go, people are encouraged to sit down — in schools, offices, meetings, restaurants, and even on public transport. In many ways, the whole of society _____ a more inactive lifestyle. Sometimes, trying to stay active can feel like swimming against the tide because technology is designed to make life easier and reduce _____.

However, there are still simple ways to improve our health. Taking short breaks, standing up regularly, walking more, and doing light exercise during the day can help reduce the harmful effects of sitting. Even small changes in our daily routine can make a big difference. By moving more and sitting less, we can protect our health and live a more active and _____.