

Useful vocabulary

Aim (to do) To try to achieve a goal. 🎯

Moderate activity 🚶 Exercise where you can talk, but not sing (e.g., walking fast).

Vigorous activity 🏃 Exercise where you breathe fast and hard (e.g., running).

Strengthen: To make something stronger 💪

Joints: Knees, elbows

Maintain weight ⚖️

Relieve stress To reduce tension, anxiety, or bad feelings.

**Activity 1: Predict**

(Before watching the video, read the sentences and guess if they are **True (T)** or **False (F)**.)

1. You need to go to the gym to do effective exercise. [T / F]
2. Adults should aim to do 150 minutes of moderate activity per week. [T / F]
3. Exercise only helps your body, not your mind. [T / F]
4. It is better to do exercise only once a week. [T / F]

Activity 2: First Listening – Main Benefits

Watch the video and tick ✓ the **4 main benefits** mentioned in the video.

- [] It reduces the risk of stroke and cardiovascular disease.
- [] It makes you more intelligent.
- [] It keeps muscles, bones, and joints strong.
- [] It helps maintain a healthy weight.
- [] If you exercise every day, you can eat junk food.
- [] It relieves stress, anxiety, and improves your mood.

Activity 3: Second Listening - Multiple Choice

Watch the video again and circle the correct option **A, B, or C**.

1. **How many minutes of moderate activity are recommended per week?**
 - a) 50 minutes
 - b) 150 minutes
 - c) 300 minutes

2. **Besides walking or cycling, what is an example of vigorous activity?**

- a) Running
- b) Sleeping
- c) Reading

3. **To maintain a healthy weight, you should exercise and also have a...**

- a) Fast food diet
- b) Healthy balanced diet
- c) Vegetarian diet

4. **Exercising regularly can reduce your risk of...**

- a) Type 2 diabetes
- b) Flu and cold
- c) Headaches

5. **For your mental health, exercise helps relieve...**

- a) Happiness
- b) Stress and anxiety
- c) Good mood