The last type of physical activity is fitness walking. First, you need good shoes to keep you (8) _____ and pain-free. Next, when you walk, don't look at your feet. This will slow you down and cause back pain. Finally, remember to bring water with you and drink at least 150 ml for every 15 minutes of walking.

That's all from me for today. Hope you find these safety precautions useful. Thanks for listening.

Ex 20. Read the following passage and Circle A, B, C, or D to indicate the correct answer to each of the questions.

HEALTH BENEFITS OF YOGA

Yoga is a healthy lifestyle. One of the benefits of yoga is that you can choose a yoga style that is suitable for your lifestyle, such as hot yoga, power yoga, relaxation yoga, etc. If you are a yoga beginner, Hatha Yoga, which focuses on basic postures at a comfortable pace, would be great for you. If you want to increase strength through using more of your own body's resistance, Power Yoga may be right for you. Whether you prefer you're at home, in a private session, watching a DVD or at a studio or gym, there are a huge variety of options available to suit your goals and needs.

Improved flexibility is one of the first and most obvious benefits of yoga. During your first class, you probably won't be able to touch your toes. But if you stick with it, you'll notice a gradual loosening, and eventually, seemingly impossible poses will become possible. Each of the yoga poses is built to reinforce the muscles around the spine, the very center of your body, which is the core from which everything else operates. When the core is working properly, posture is improved, thus **alleviating** back, shoulder, and neck pain.

Strong muscles do more than look good. They also protect us from conditions like arthritis and back pain, and help prevent falls in elderly people. And when you build strength through yoga, you balance it with flexibility. If you just went to the gym and lifted weights, you might build strength at the expense of flexibility.

Yoga gets your blood flowing. More specifically, the relaxation exercises you learn in yoga can help your circulation, especially in your hands and feet. Yoga also gets more oxygen to your cells, which function better as a result. Twisting poses are thought to wring out venous blood from internal organs and allow oxygenated blood to flow in once the twist is released.

Many studies found that a consistent yoga practice improved depression and led to greater levels of happiness and better immune function.

1. Yoga is a very convenient type of exercise because _____.

A. we can watch a DVD at a studio or gym and follow it

B. we can choose a yoga style that is suitable for our lifestyle

C. we can choose Hatha Yoga to focus on basic postures or to increase strength

D. there are a huge variety of options available for our private session

2. According to yoga's principles, the spine is of great importance because ____ .

A. when the spine is working properly, postures will become possible

B. seemingly impossible poses will become possible

C. it is the center of your body, from which other muscles operate

D. we can avoid back, shoulder, and neck pain

3. In order to build strong muscles, ____.

A. we build strength with high expenses at the gym

B. we don't pay any attention to our appearance

C. we should reinforce the muscles around the spine

D. we can have strength with flexibility through yoga

4. Yoga can improve our circulation because _____.

LIVEWORKSHEETS