

Alternative workout: new ways to stay healthy

Alternative workout is becoming more and more popular. There are many different types of activities to choose from. Yoga, outdoor swimming, pilates and aerial silk are some of the most popular options.

Yoga is a great way to relax and improve flexibility. It helps with breathing and can also help to reduce stress. Outdoor swimming is another good option for people who enjoy being in nature. Swimming can help to improve fitness and give you a good workout.

Pilates is a type of exercise that focuses on core strength and body control. It can help to improve posture and balance. Aerial silk is a type of acrobatics that uses fabric hung from the ceiling. It is a fun way to exercise and build strength.

Alternative workout is an enjoyable way to stay fit and healthy. It can be done in a group or alone, indoors or outdoors. There are lots of options to choose from, so everyone can find something they enjoy.

Match

- | | |
|---|---------------------|
| a. A type of physical exercise that involves controlled movements and breathing, originally from India. | |
| b. Swimming done in a natural place such as a lake or the sea. | 1. aerial silk |
| c. A system of exercises using special equipment designed to improve physical strength and flexibility. | 2. pilates |
| d. An activity in which someone hangs from long pieces of fabric attached to the ceiling and performs movements in the air. | 3. yoga |
| | 4. outdoor swimming |

True or False:

- | | | |
|--|------|-------|
| 1. Yoga helps to reduce stress. | TRUE | FALSE |
| 2. Swimming can help to improve fitness. | TRUE | FALSE |
| 3. Pilates focuses on core strength and body control. | TRUE | FALSE |
| 4. Aerial silk is a type of acrobatics that uses fabric hung from the ceiling. | TRUE | FALSE |
| 5. Alternative workout can only be done indoors. | TRUE | FALSE |
| 6. Yoga can help to improve breathing. | TRUE | FALSE |
| 7. Swimming is a good way to relax. | TRUE | FALSE |
| 8. Pilates can help to improve posture and balance. | TRUE | FALSE |
| 9. Aerial silk is a fun way to exercise and build strength. | TRUE | FALSE |
| 10. Alternative workout can only be done alone | TRUE | FALSE |

Drag the statements into the correct columns: Advantages or Disadvantages:

- Results may take longer than traditional methods depending on individual body type.
- Can be done in any physical space, from the comfort of your own home to a gym or outdoors.
- Most classes cannot accommodate multiple users at once.
- More enjoyable than traditional workouts as it is more interesting and varied.
- Improves coordination skills.
- Adaptable to fit the needs and skill level of each user.
- New exercises can cause fatigue quicker.
- Provides variety by incorporating different movements and routines.

Advantages:

- Requires further education on techniques and form to ensure safety.
- Lower risk of injury due to the adjustable levels of intensity.
- May require additional equipment depending on the chosen exercise.
- Helps promote balance, flexibility, strength and muscular endurance.
- Can increase stress levels during high-intensity activities.
- Offers low-impact option while still providing effective results.
- Potential danger with complex manoeuvres such as somersaults and flips.
- Suitable for all ages and fitness capacities.

Disadvantages:

Fitness Vocabulary: Look for these words and write their definitions or translations, whatever helps you.

exercise

workout

push-up

running

to stretch

to stay active

to keep fit

minimum effort

muscle tone

body strength

tone up

challenging workout

mental wellbeing

invigorating experience

keep springing back

lift oneself up

pump it up