

1 Doing _____ is as good as going to the gym

Adapted from the British press

Doing exercise for 30 minutes a day is good for your health, a new Canadian study has found. The study looked at 130,000 people in 17 countries. Only 3% of the people did 30 minutes of sport a day, like running or swimming. But the researchers found that you don't need to do sport or go to the gym – any form of physical activity is good for you, including housework. Activities like doing the cleaning are really good exercise, so you can stay healthy and have a clean house at the same time.

Adapted from the British press

2 NEW SPANISH LAW: children must help their parents with _____

Is it a battle to get your kids to help with housework? Think about moving to live in Spain, where the government has decided that children under the age of 18, both boys and girls, have an obligation to 'participate in family life' – and that includes doing housework. However, they don't say what happens to children who say no when their parents ask them to do something.

Your comments

- 1 A Maybe housework is good exercise, but sport is more fun.
- B My children all do housework – I don't need the government's help.
- C Great idea. More countries need to do this.
- D This can't be true. 30 minutes of cleaning and 30 minutes of running are not the same thing.
- E Nice idea, but impossible in real life.
- F I hate exercise, but I also hate housework. What can I do?

- b Read the articles and check. Then read the online comments and match A–F to articles 1 or 2. Which comments do you agree with?