

READING

1. How important is exercise for your health? Do you exercise regularly? What benefits does it have?

Now trending in health and fitness



More people are getting into exercising than ever before. With the number of fitness freaks growing, so is the choice of keep-fit classes. Forget about boring running and weights machines at the gym, and try something new, fun and different. Here are four of the latest exercise classes taking the fitness world by storm.

BOOGIECISE

For anyone who loves dancing, this class is a must-try. The class takes place in a nightclub on a dancefloor which not only lights up, but also changes colour! Copy the instructor's choreographed dance routines while the DJ pumps out classic disco, electro, pop and house music from the 70s, 80s, 90s and 00s.

SURFERCISE

This class was invented by surfers in Hawaii to help them be fitter in the water. It's basically weight training under water. Using a variety of exercises, you will carry, push and pull weights around a swimming pool. The water makes the workout gentle, but the weights challenge your cardiovascular system.

TRAMPO-LEAN

Twice as effective as running, and twice as much fun as karaoke, Trampo-lean involves bouncing around on a trampoline for an hour, doing different exercises the whole time. If you want something to wake you up after a long day at work, or to kick start your weekend, this might be the class for you!

SCHOOL FIT

This class will take you back to the school playground, but also give you a high-intensity, full-body workout. The main equipment for this class is a hula hoop and a skipping rope. It may take you a while to get the hang of it, but you can look forward to superhuman coordination and core strength if you do!



2. Read the article about health and fitness and answer: Which exercise class...

- 1 was created to improve fitness for a particular sport?
- 2 will make you feel like a child again?
- 3 plays songs from lots of different years?
- 4 might take a long time to be good at?
- 5 doesn't happen in a gym or a swimming pool?
- 6 is good for people who need more energy?

3. Read the article again and say if the following information is true (T), false (F), or not mentioned (NM). Correct the false information.

- A. Boogiecise classes take place at night.
- B. The DJ plays songs from modern music styles.
- C. Surfercise is good for your heart.
- D. Trampo-lean is a combination of running and karaoke.
- E. It is a good idea to practise it after work.
- F. School Fit classes are given at the school playground.

4. Find words or phrases in the text to match the definitions 1-6.

- 1 becoming interested in _____
- 2 people who love doing exercise _____
- 3 make it difficult for your heart and lungs _____
- 4 begin something quickly _____
- 5 fast and difficult _____
- 6 learn how to do something _____

LISTENING

1. Listen to a woman talking about Surfercise and answer: Are the statements true (T) or false (F)? Correct the false information.

- 1 Surfers do Surfercise when there are big waves.
- 2 You do Surfercise on top of the water.
- 3 Surfers do Surfercise for fun.
- 4 The presenter doesn't want to surf big waves.
- 5 Surfercise is a low-resistance, high-impact workout.
- 6 Only fitness freaks can do Surfercise.

2. Listen to the woman again and complete the following information with the missing words.

1. Surfercise was invented by _____ surfers.
2. The website pictures show people walking under water carrying big _____.
3. When you hold your breath for a long time, you have more chances of _____.
4. What the woman likes about it is that it is a high-resistance but _____ workout.
5. The woman says this is the best exercise for people who _____ from bad joints.
6. The exercises the woman did were _____ and _____.

WRITING

Read the information about these people. Choose two of them and write a blog post for each giving them some advice to improve their lifestyle. Include advice about diet, exercise, sleep, free time, etc. for both persons and *use modal verbs or phrases for advice* when necessary.

Marcin, 44, machine operator, 1.83 m, 108 kg
Diet: eats mainly junk food, no vegetables, 6 cups of coffee daily
Fitness/Sleep: no exercise, sleeps 7 hours a night
Social life: goes out with friends 3 nights a week
Goal: lose 14 kg and get fit for football

Paulina, 22, student, 1.73 m, 50 kg
Diet: eats fresh fruit/vegetables, no meat, vitamins
Fitness/Sleep: does yoga, sleeps 6 hours a night
Social life: has few friends, stresses about studies
Goal: gain 6.5 kg, have more energy

Alvaro, 68, retired bank manager, 1.75 m, 95 kg
Diet: eats meat twice a day
Fitness/Sleep: has backache (takes painkillers), no exercise, sleeps 8 hours
Social life: many friends, watches TV 6 hours a day
Goal: be fit enough to play with grandchildren