Ex 1. Listen to the recording and decide whether the following statements are true of false

	TRUE	FALSE
1. The more exercise you do, the healthier you become.		
2. Doing extensive workouts is too much of a good thing.		
3. People may become addicted to high-intensity physical activity.		
4. Over-exercising can be harmful to the body's muscles, joints and heart.		
5. You should consult with an instructor before starting a new exercise programme.		

Ex 2. Listen to John Keith, a fitness instructor, talking about four types of physical activity. Listen carefully and fill in the blanks with ONE word for each blank.

My name's John Keith and I've been a (1) _____ instructor for more than ten years. Today I'd like to talk about the precautions we all need to take when doing different types of (2) _____ activity. Aerobic exercise seems very simple and easy to do. However, studies have shown that if you do your workout outdoors in the hot and sunny weather, your body can overheat and lose a lot of fluid. This can lead to heat stroke. You should drink a glass of water before a workout and then pause (3) _____ to drink more. You should also exercise early in the morning when it's not too hot.

Next is swimming. It's verv important to be safe in the water. Swimming pools may look safe, but you should always test the pool water before jumping in. Cold water can make your blood (4) _____ and heart rate go up. Make sure you have warmed up your body by stretching or jumping. Don't swim in bad weather, especially in rivers, lakes or the sea. If you are swimming and lightning strikes, vou risk serious (5) _____ or death.

Now, how about yoga? This exercise may look easy and suitable for people of all ages. However, if it's not done (6) _____, it can do more harm than good. You need to do some warm-up exercise such as stretching before you start your yoga practice. This will relax your (7) _____ and prevent any damage to your joints.

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.

LIVEWORKSHEETS