

KEEPING HEALTHY – STORIES FROM AROUND THE WORLD

NAME: _____

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Running for fun

Running regularly helps you keep fit. That's why millions of people run several days a week and regularly take part in races. Some runners combine the sport with doing something good for others. They collect money for their run and give it to a charity. Some charity runners run a full marathon dressed in a crazy costume to collect more money for their charity.

Travis Snyder from the US had been thinking for some time about an idea for a fun run where professionals and amateurs could run together. In 2012 he organised the first 'Color Run – The happiest 5K on the planet'. What started with 6,000 participants in Phoenix, Arizona, is now held annually in many cities around the world, with millions of runners. The idea is simple: you start wearing something white, and at every kilometre people spray and paint you in different colours: 1K is yellow, 2K is blue, 3K is green, 4K is pink, ... a 'colour extravaganza!' Why do people go on a Color Run? Because 'it's healthy, fun and colourful' as one runner put it.

A beautiful morning in the park

The scene you can see in this photo is something you will see in many parks in China: big groups of people doing tai chi – slow, controlled movements of the arms and legs. These movements are very good for your health. They help to overcome stress, and people doing tai chi say it helps them to concentrate better and to feel happy and relaxed. On weekdays you will often see elderly people doing tai chi, but at weekends the parks are full of families, including children. They are all practising these elegant movements together.

Ice swimming

Imagine it's minus 15 degrees Celsius outside on a sunny Saturday afternoon and you are somewhere in Russia or Finland. Would you rather see a film with a friend, go for a walk and enjoy the beautiful snow, or go for a swim in the nearby river? Not many of our readers would choose to go for a swim in such low temperatures, but in Russia, Finland and other countries, ice swimming has been popular for centuries. Some people say it's very healthy because it improves blood circulation and strengthens the body's immune system. Doctors say these things may be true, but you have to be very brave to try it – and it's only for people who are already fit and healthy!

Match the questions to the answers

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| 1 | What do ice swimmers say are the health benefits of their sport? |  |  It helps overcome stress, improves concentration and helps you feel happy and relaxed. |
| 2 | Should ice swimming be recommended to everyone? Give reasons. |  |  Travis Snyder – he wanted to organise a fun run where professionals and amateurs could run together. |
| 3 | How does a Color Run work? |  |  Everyone. |
| 4 | Who came up with the idea for a Color Run and why? |  |  No. It's only for people who are already fit and healthy. |
| 5 | How is tai chi good for your health? |  |  It improves blood circulation and strengthens the body's immune system. |
| 6 | Who is tai chi for? |  |  You start wearing something white, and at every kilometre people spray and paint you in different colours. |