4 Working on Your Workout



Pre-Reading

Think about the following questions.

1. Do you like to exercise? How often do you exercise?
2. Do you think exercising is important? Why or why not?
3. What are some different ways to exercise?

Vocabulary Preview

Write the letter of the word or phrase with the same meaning as the underlined word.

a. correctly	d. get or reach by effort
b. go too fast	e. growth; training
c. so; because of that	f. suggest; say something is a good idea

1. ___ Don't <u>rush</u>. Take your time.
2. ___ Health experts <u>recommend</u> doing a variety of exercises.
3. ___ She hurt her back during her last workout; <u>therefore</u>, she is not going to the gym this week.
4. ___ What is the goal that you are trying to <u>achieve</u>?
5. ___ You should work with a trainer to learn how to do the exercise <u>properly</u>.
6. ___ Some people are more interested in losing weight than in muscle <u>development</u>.

LIVEWORKSHEETS

Working on Your Workout

Track 7



Most people know that a balanced diet and regular exercise are very important. However, most people do not know how to exercise properly. Instead of concentrating on how to get the best results **efficiently** and **effectively**, people usually rush through their **workouts**, or they make the same common workout mistakes. Exercising the right way is important for people who are worried about their health and their appearance. However, if someone is not working out properly, it is rare that he or she will see the results he or she wants. Therefore, training experts have **devised** tips to teach people how to exercise correctly in order to achieve the greatest health benefits. If you want to achieve the best workout results, here are a few helpful tips to bear in mind.

One of the most common workout mistakes is doing the same **routine** over and over again. This does not challenge your muscles, and it can actually prevent muscles from growing and repairing themselves. Instead of always sticking to the same old workout, it is important to change your routine every six to eight weeks. It is also important to add a variety of workouts to your routine, such as swimming, **yoga**, or biking, to make sure your whole body stays fit. This will help make your workouts more interesting, and benefit your health and muscle development as well.

Another mistake people tend to make is to work out too hard, too often. Your body needs to rest between workouts; otherwise, no progress will be made. It is best to keep the number of hard workout routines to no more than two per week. Then, for those who don't want to get off schedule by **skipping** a day, shorter workouts of about twenty minutes can be used on other days. For more variety in workouts, you could also plan an easier routine for forty to sixty minutes between days of shorter, more **intense** workouts. Experts recommend, however, taking at least one day off completely each week, especially after several hard workout days in a row.

In reality, no one is perfect. However, if you want to make a difference in your overall health, there are some things you can do. Stretch before and after every workout. Do not rush your routine, and do not work out too little or too much. Remember not to make these common workout mistakes, and always have fun while exercising!

Reading Time _____ minutes _____ seconds 405 words

4 *efficiently*: in the best possible manner with the least waste of time and effort
4 *effectively*: adequately; as planned
5 *workout*: a session of physical exercise or training
9 *devise*: to plan or invent carefully
14 *routine*: a regular course or procedure
18 *yoga*: a series of postures and breathing exercises practiced to achieve control of the body and mind
24 *skip*: to avoid; to not do
26 *intense*: strong; extreme

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Reading Comprehension

Choose the best answer.

1. What is the main idea of this reading?

a. Daily exercise can often be bad for your health.
b. Working out properly is the only way to gain effective health results.
c. Most people know how to work out efficiently and effectively.
d. Adding a variety of workouts to your routine is not important.

2. Which of the following statements is NOT correct?

a. Daily intense workouts help one stay healthy.
b. One's body needs to rest between workouts.
c. A variety of exercises is better than doing the same one all the time.
d. It can be good to take a day off from exercising.

3. Which word is closest in meaning to the word "stretch" in this reading?

a. Exaggerate
b. Widen
c. Make tight
d. Extend or reach

4. What can be inferred about the mistakes people make when they work out?

a. They are very harmful to the body.
b. People who rarely work out make them.
c. People think it is OK to make them.
d. Athletes would not make these mistakes.

5. Why should you change your workout routine every six to eight weeks?

a. To challenge your muscles
b. To become faster
c. To avoid bone problems
d. To exercise your brain

Idiomatic Expressions

Find these idioms in the reading.

- **bear in mind** [to remember; to keep in mind]
  Bear in mind that not all weight loss is due to losing fat.
- **stick to** [to keep to; to persist with]
  I have a hard time sticking to a regular workout schedule because of my job.
- **in a row** [one after the other]
  He did forty-five push-ups in a row.

Fill in the blank with one of the above idioms. Change its form if necessary.

1. Even though he didn't like swimming, he _____ it to please his mother.
2. I've woken up at 4:30 a.m. for three days _____, so I'm kind of tired right now.
3. You should always _____ that too much of a good thing can be bad.

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Summary

Fill in the blanks with the correct words or phrases.

achieve	**bear in mind**	**development**	**in a row**
properly	**recommend**	**routine**	**rush**

In reality, most people do not exercise 1 _____. Whether it is always doing the same 2 _____ or working out too hard, too many days 3 _____, people do not realize that they are making these common mistakes. Therefore, experts have come up with some tips to 4 _____ to people. If you just want to 5 _____ through your workout to get it done, you will not make a difference in your overall health. Instead, you may suffer from injuries, and you will prevent muscle 6 _____. Next time you want to exercise, 7 _____ that you need to stretch before and after, concentrate on what you are doing, and most importantly, have fun! These tips will allow you to 8 _____ the best results from your workouts.



Listening

The Goal

Track 8

Listen to the dialog and choose the best answer.

1. Why won't the woman go to the gym?

a. She is tired.
b. She got hurt during her last workout.
c. She wants to rest her muscles.
d. The equipment needs to be repaired.

2. What does the woman explain?

a. When muscles develop
b. Why exercise is important
c. How to recover from an injury
d. Which kind of exercise is best

3. What will the man probably do?

a. Change the kind of exercise that he does
b. Not work out today
c. Join the woman's exercise class
d. Rest until he feels better

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Discussion

Discuss the following questions.

1. How often do you exercise? Do you think you should exercise more often? Why or why not?
2. Do you make any common workout mistakes? If yes, what are they?
3. What do you do in order to stay healthy?

Grammar

_It Is_ + Adjective + _to_ ~ or _It Is_ + Adjective + _that_ ~

Anticipatory subject *it* can be followed by a *to*-infinitive or *that*-clause as its real subject.

If someone is not working out properly, it is rare (to / that) he or she will see the results he or she wants.
Instead of always sticking to the same old workout, it is important (that add / to add) a variety of workouts to your routine.

Writing

Write your own short paragraph by answering the questions below.

Staying Healthy

(1) How do you stay healthy? **(2)** Why is it important to do these things? **(3)** How often do you do these things? **(4)** Why do you think that staying healthy is important?

Example

I stay healthy by swimming and by eating foods that are good for me. It is important to do these things so that I can keep a healthy body. I go swimming three times a week, and I eat healthy food every day. I think that staying healthy is important because it makes me feel good, and it gives me a lot of energy.

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Vocabulary and Idiom Review

A. Choose the best word or phrase to fill in the blank.

1. It is hard to _____ on my homework when people are talking loudly.
   a. recommend b. focus c. workout d. benefit

2. If I get a _____ score on my final exam, my mom said she would buy me a new watch.
   a. perfect b. proper c. balanced d. short

3. If you want to _____ from regular exercise, you should also eat healthy foods.
   a. prevent b. progress c. benefit d. achieve

4. Ben's broken leg is _____ him from going on the bicycle trip.
   a. rushing b. preventing c. eroding d. reproducing

5. She is a(n) _____ at teaching yoga, and I have learned a lot from her classes.
   a. expert b. development c. routine d. exercise

6. It is very important to eat a _____ diet that contains fruits, vegetables, and whole grains.
   a. perfect b. common c. balanced d. rare

7. The plan we made was too difficult, so we could not _____ it.
   a. bear in mind b. wipe out c. turn up d. stick to

B. Choose the correct form of the word to fill in the blank.

8. The car could not be _____ after the accident left it destroyed.
   a. repairable b. repaired c. disrepair

9. How can I _____ that from happening again?
   a. prevent b. prevention c. preventable

10. Please _____ during the lesson, or you will not remember anything for the test.
    a. concentrate b. concentration c. concentrating

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