

Are you a couch potato?

Centuries ago, people didn't have much free time, because everybody was working too hard. In Britain in the nineteenth century people had more spare time, but because the Victorians¹ hated relaxing and doing nothing, they invented football, rugby and cricket. People took up more gentle activities too, like gardening, bird-watching and it was even possible to watch a sport and give the impression that you were actually doing something. Now there is a new type of person who thinks that lying on the sofa watching television, reading the news on the tablet



¹ the Victorians – «викторианцы», условное название деятелей английской культуры в годы царствования королевы Виктории (1837–1901). / «віктарыянцы», умоўная назва дзеячаў англійскай культуры ў гады праўлення каралевы Вікторыі (1837–1901).

or adding endless *hashtags* to their posts in *Instagram* is the most exciting activity they can manage. This is the twenty-first-century couch potato. For them, every activity is too much trouble, and laziness is an art form! So how do you