

Topic: Exercise

Let's get started...

Did you exercise this week? What kind of exercise did you do?

Background:

Exercise is an important part of life. There are many different kinds of exercise, such as walking, running, playing sports, doing yoga, and doing martial arts. Exercise helps people stay healthy, relieve stress, prevent disease, and feel good! Many people believe that everyone should exercise three or four times a week for at least thirty minutes. You should talk to your doctor about an exercise plan for yourself.



In pairs for 5 minutes, ask and answer these questions:

What are some different kinds of exercise?

- Swimming
- Walking
- Playing tennis
- Playing basketball
- Doing yoga
- Doing martial arts
- ???



Share your partner's answers with the group.

Discussion Questions:

What is your favorite kind of exercise? What is your least favorite kind of exercise?

How can you make exercise fun?

How do you feel when you exercise?

Do many people exercise in your native country? Do people think exercise is important in your native country?

What kinds of exercise are popular in your native country? Are there any kinds of exercises or sports that are unique to your native country?

What kind of clothes do you wear while you are exercising?

Have you ever done an exercise video? What did you think?

Do you belong to a gym? What are some local gyms? Do people use gyms in your native country?

What kinds of exercises can you do at the gym?

What do you do before you start exercising?

What time of the day do you like to exercise?

Do you like to exercise alone or with friends?

Do you like to watch professional sports? Which ones?

Do you listen to music while you exercise?

Did you play any sports when you were a student? Which ones?

Do you prefer low-impact or high-impact exercise?

Think of some ways you can add exercise to your everyday schedule. (For example, walking up stairs instead of using the elevator, walking instead of taking the bus)

Is there physical education class (P.E.) in your native country?

Do you think children should exercise more? Why or why not?

Which is more important to you: eating healthy or exercising? Why?

Do you think drinking water is important? Why or why not?

New words and Idioms:

Relieve, stress, prevent, disease, martial arts, yoga, low-impact, high-impact, physical education, "no pain, no gain,"