

ISSUE 6

How Often Do You Exercise?

Too many people today don't move often enough. They stay stuck in a chair in the office at work. They use the elevator or escalator instead of taking the stairs, and they drive short, walkable distances. When they get home, they watch TV or play video games or read a newspaper. But their bodies do not move around. They get larger (not taller!) and their health deteriorates as they sit out their lives. That's why they really should make time to work out.

How often do you exercise?

- (1) Never
- (2) Rarely
- (3) Once a week
- (4) 2-3 times a week
- (5) Almost every day
- (6) Daily
- (7) Whenever I get the chance



-take the stairs : walk up or down steps

-deteriorate : become worse

-sit out (their) lives : spend (their) lives just sitting

-work out : exercise

Sample Answers

(A) I never go to the gym, but I get plenty of exercise. I walk to and from my job, since it is only a few blocks from my home. At work, there is a certain amount of lifting and carrying I have to do most days, and I watch what I eat. So I see no reason to exercise *artificially*.

(B) If I don't *work up a good sweat* at least once a day, I feel tired and *lethargic* all day. In addition to maintaining my weight and muscle tone, working out also clears my mind and increases my energy. So I am hardly ever sick, tired, or depressed. The hour or so I spend in the gym every day probably adds years to my life!

Speak Your Mind

1. What is the most popular exercise people engage in? Why?
2. Golf is relatively expensive, but the sport is *booming*. Can you explain why?
3. Do you know of any exercise that is easy and inexpensive, and that people will stay with for a long time?
4. What is the best exercise for young people?
5. What is the best exercise for the elderly?
6. What do you do for exercise?
7. People usually start exercising with a *firm determination* to continue, but many fail to persist. Do you know why?

- **artificially**: not naturally

- **work up a good sweat**: do hard physical exercise

- **lethargic**: lacking energy, not wanting to do anything

- **boom**: grow or develop rapidly; thrive

- **firm**: definite and not likely to change

- **determination**: act of making a decision

7. People usually start exercising with a firm determination to continue, but many fail to persist. Do you know why?

M : Let's go to the gym.

F : Oh, you go! I'm tired.

M : Tired? From doing what?

F : Mainly, I'm just tired of the same routine. We go to the gym every week, and it's getting boring. It's the same old schedule every time.

M : Oh, you're just disappointed that you aren't making progress any more.

F : That's part of it, I guess. At first, I could see results. My waistline went down, I lost a lot of weight, and my scores improved. But I think I've reached the limit of my ability.

M : If you stop, you'll just get fat again! You should exercise to maintain the gains you made, even if you don't continue to make more.

F : I've thought of that, but maybe if I just watch my diet that won't happen. If it does, I can always start exercising again later. But right now, I'm just not *up for* it. The thought just *bores me to tears*.

M : Won't you miss the new friends you've met?

F : Not really. We don't have anything in common except sweat, and I have lots of other friends I can get together with to do things I enjoy more.

M : OK, I'll go by myself, then. Don't say you weren't invited!

F : I won't! Have fun. But make sure you shower well before you come home, so you don't *stink* the place *up*!

