

PRE-INTERMEDIATE UNIT 6

- 1 Work in pairs and discuss. What sport or exercise do you usually do? Do you do it because you enjoy it or because you want to stay healthy?
- 2 Read the title of the article. What do you think it is about?

Now trending in health and fitness



More people are getting into exercising than ever before. With the number of fitness freaks growing, so is the choice of keep-fit classes. Forget about boring running and weights machines at the gym, and try something new, fun and different. Here are four of the latest exercise classes taking the fitness world by storm.

BOOGIECISE

For anyone who loves dancing, this class is a must-try. The class takes place in a nightclub on a dancefloor which not only lights up, but also changes colour! Copy the instructor's choreographed dance routines while the DJ pumps out classic disco, electro, pop and house music from the 70s, 80s, 90s and 00s.

SURFERCISE

This class was invented by surfers in Hawaii to help them be fitter in the water. It's basically weight training under water. Using a variety of exercises, you will carry, push and pull weights around a swimming pool. The water makes the workout gentle, but the weights challenge your cardiovascular system.


TRAMPO-LEAN

Twice as effective as running, and twice as much fun as karaoke, Trampo-lean involves bouncing around on a trampoline for an hour, doing different exercises the whole time. If you want something to wake you up after a long day at work, or to kick start your weekend, this might be the class for you!

SCHOOL FIT

This class will take you back to the school playground, but also give you a high-intensity, full-body workout. The main equipment for this class is a hula hoop and a skipping rope. It may take you a while to get the hang of it, but you can look forward to superhuman coordination and core strength if you do!



- 3 Read the rest of the article. Which exercise class
 - 1 was created to improve fitness for a particular sport?
 - 2 will make you feel like a child again?
 - 3 plays songs from lots of different years?
 - 4 might take a long time to be good at?
 - 5 doesn't happen in a gym or a swimming pool?
 - 6 is good for people who need more energy?
- 4 Find words or phrases in the text to match the definitions 1–6.
 - 1 becoming interested in _____
 - 2 people who love doing exercise _____
 - 3 make it difficult for your heart and lungs _____
 - 4 begin something quickly _____
 - 5 fast and difficult _____
 - 6 learn how to do something _____
- 5 Work in pairs and discuss. Which exercise class would you most like to try? Why?
- 6  6.1 Listen to somebody talking about Surfercise. Are the sentences true (T) or false (F)?
 - 1 Surfers do Surfercise when there are big waves.
 - 2 You do Surfercise on top of the water.
 - 3 Surfers do Surfercise for fun.
 - 4 The presenter doesn't want to surf big waves.
 - 5 Surfercise is a low-resistance, high-impact workout.
 - 6 Only fitness freaks can do Surfercise.
- 7 Read the extracts from the recording below. Match the words and phrases in bold with their synonyms, a)–h).
 - 1 ... a friend of mine **convinced me** to join her ...
 - 2 ... the website's pictures almost **put me off** going ...
 - 3 ... what **appealed to me** about Surfercise was the fact that it's a **high-resistance** but **low-impact** workout.
 - 4 ... people like me who **suffer from** bad joints ...
 - 5 ... could give me **long-term** health problems as I get older.
 - 6 ... it wasn't just for **hardcore** fitness freaks ...
 - a) difficult/heavy for the body
 - b) very serious
 - c) made me decide
 - d) made me like
 - e) made me not want to
 - f) continuing for a long period of time into the future
 - g) be in pain because of
 - h) gentle for the body
- 8 Work in pairs and discuss. Do you prefer the idea of gentle or hardcore exercise? Why?