

IN THE NAME OF ALLAH

LESSON 1

Why Exercise Is Important

Before You Read



As you know, doing exercise keeps you healthy. But how? In this lesson, you will read how exercise is important to your mind and body.

1 Answer the following questions.

1. How much do you weigh?
2. Do you have to lose some weight? Why/Why not?
3. Do you exercise? How often?
4. What sports do you do/play?
5. How do you feel after an exercise/ playing a game?



Now ask your partner the same questions.

2 Read the following statements. Do you agree or disagree? Put a check mark (☑).
Add two more statements of your own.

statement	agree	disagree
You do not need to exercise if you are active in your daily life.		
Without exercise, we won't feel happy.		
Those who exercise look stronger.		
Exercise can help you keep in shape.		
Those who exercise live longer.		

Discuss your ideas with a partner.



Why Exercise Is Important!*

1 You know what exercise is, but do you know why exercise is important? It is important because it keeps people's bodies and minds healthy. Without it, we would not be feeling or looking very good. Actually, there are so many reasons why exercise is good for you. It is time to get right into it and see why it is good to be fit!

Exercise Makes Your Heart Happy

2 Your heart is one hardworking part of your body, pumping blood every day of your life. The heart is a muscle, and it is the strongest muscle in your body, but it can always become stronger! Since it cannot lift weights to get stronger, it **relies** on you to do aerobic exercise.

relies:
depends

3 Aerobics is a word for needing oxygen, and aerobic exercise is any kind of activity that makes your muscles use oxygen. Aerobic exercise is repetitive, meaning it is an activity that you do over and over, to keep bringing fresh oxygen to all of your muscles. When you do aerobic exercise and bring in that oxygen, your heart becomes stronger and even a bit bigger! The number of blood cells in your blood increases, so the blood can carry even more oxygen. The blood in your body even moves more easily through the blood vessels. All these things mean that your body works **more efficiently** to keep you healthy, and you can do a lot of exercise without getting tired.

**more
efficiently:**
better

Exercise Makes Muscles Stronger

4 All the muscles in your body do a fine job when you use them for easy things, like picking up a book or walking down the stairs. But what about using them for harder activities, like taking long bike rides or climbing a tree? That is where exercise comes in: it makes your muscles stronger and sometimes

* adapted from <http://kidshealth.org/kids/stay-healthy/fit/work-it-out.html>

larger. As your muscles get stronger, you can do more active things for longer periods of time. Strong muscles also help **protect** you from **injuries** when you exercise, because they give better support to your **joints**.

Exercise Makes You Flexible

5 Can you touch your toes easily? Most children are **flexible**, which means that they can **bend** and **stretch** their bodies without too much trouble. But as people get older, they usually get less flexible; that is why it is important to exercise when you are still young to stay flexible. In addition, when you are flexible, you can be more active.

Exercise Keeps You at a Healthy Weight

6 Every time you eat food, your body does the same thing: it uses some of the **nutrients** in the food as **fuel**. It burns these nutrients to give us energy or calories. You need calories for all of your body's functions, whether it is things you think about doing, like brushing your teeth, or things you never think about doing, like breathing. But if the body is not able to use all the calories that are coming from food, it **stores** them as **fat**. Exercise helps keep you at a weight that is right for your height, by burning up extra calories. When you exercise, your body uses that extra fuel to keep you strong.

Exercise Makes You Feel Good

7 Exercising is an **excellent** way to feel happy, whether you are exercising on your own or with a group. If you have had a hard day at school, or just feel unhappy, exercising can help you feel better. That is because when you exercise, your body can **release** endorphins, chemicals that create a happy feeling. In addition, when you are breathing deeply during exercise and bringing more air into your lungs, your brain enjoys the extra oxygen. And when you are active and running around, sometimes it is hard to think about what was bothering you.

8 Exercise can make you feel proud, too. In other words, when you are stronger and you are able to do things better, you can feel better about yourself.

protect: keep safe

injuries: physical harm to the body

joint: part of the body where two bones meet

flexible: able to change without breaking

bend: move (part of) the body so that it is not straight any more

stretch: put arms and legs out straight

nutrients: things needed to keep a living thing alive and to help it grow

fuel: material burnt to produce energy

stores: keeps **fat:** a white/yellow material under the skin

excellent: very good

release: let a chemical come out

After You Read

Ab Comprehension Check

1 Check your understanding. Are these statements True (T) or False (F)? If they are not mentioned in the passage, write (N).

-1. Aerobic exercise does not change the size of your heart.
-2. Exercise keeps us safe from some injuries.
-3. Children get less injuries than older people.
-4. Fat people do not usually use all the calories that are coming from food.
-5. Happiness has no chemical basis.

Compare your answers with a partner's.

2 A) In paragraph 3, the writer explains how aerobic exercise helps your body work better to keep you healthy. Choose the sentence that best summarizes the explanation.

- Aerobic exercise
- a) helps you feel no tiredness
 - b) helps the heart to send more oxygen to the muscles
 - c) makes your muscles use less oxygen
 - d) increases your blood.

Tell the class why the other sentences are wrong.

B) Complete the following sentence to show how exercise keeps you at a healthy weight. Then compare your sentence with a partner's.

Exercise helps you the extra that is stored in the body.

C) Exercise does three things to make you feel good. What are they?

- 1.
- 2.
- 3.

Compare your answers with a partner's.

3 Discuss the following questions in class.

1. Why is exercise important?
2. How can exercise keep you at a healthy weight?
3. Why do people who exercise feel good about themselves?
4. How do we know what kind of exercise is good for us?

B *Sentence Functions*

Look at the following sentences.

There are so many reasons why exercise is good for you.

- Exercise is good for you because it can make you feel happy.
- Exercise is good for you because it can help you do more things for longer periods.

1 Now read the text and find out four more reasons why exercise is good for you.

Exercise is good for me because

- a)
- b)
- c)
- d)

Compare your answers with a partner's.

2 Ask your partner why English is useful for him/her.

Example: Why do you study English?

I study English because it can help me find a good job.

6 *Reading Skills*

یکی از مهارت‌های خواندن، توجه به عناوین پاراگراف‌های متن (Paragraph Headings) است. نویسنده، در متون بلند، برای راهنمایی کردن خواننده از عناوین استفاده می‌نماید. عناوین، متن را به قسمت‌های کوچک‌تر تقسیم نموده، به خواننده کمک می‌کنند که اطلاعات خاص را سریعتر بیابد. تمرین زیر به تقویت این مهارت می‌پردازد.

1 Look back at the reading to answer the questions below.

1. How many headings has the writer used?
2. Under which heading has the writer talked about the effects of exercise on your heart?
3. Under which heading has the writer talked about how exercise keeps you in shape?
4. Under which heading can you find information on endorphins?
5. Why do you think the writer has used so many headings for this passage?

Compare your answers with a partner's.

یکی دیگر از مهارت‌های خواندن، پی بردن به معنای کلمات ناآشنا، از طریق توجه به نشانه‌های موجود در متن است. در بعضی متون، نویسنده از طریق معنی کردن یا بیان مجدد مفاهیم یا با استفاده از علائم نشانه‌گذاری تلاش می‌کند مفاهیم مشکل را برای خواننده آسان کند. از این رو، شناسایی این امکانات برای درک بهتر، ضروری می‌نماید.

Examples:

The heart **is** the organ inside your chest that sends blood around your body.
The exercise should be more reasonable, **i.e.** lighter.
Doctors say he has broken his skull (**the bony part of the head that protects the brain**)

2 Read the passage and write the number of the paragraph where you can find information about the following words. Then define them using the information in the paragraphs.

Word	Paragraph Number	Definition
aerobic		
repetitive		
endorphins		
proud		

Compare your answers with a partner's.

Vocabulary Review

Read the following sentences and choose the best answer a, b, c or d.

1. When you your family, you try to help them.
a. injure b. bother c. support d. release
2. When a man something, he makes something new.
a. stores b. creates c. lifts d. increases
3. Being suggests that one has a high opinion of himself.
a. proud b. regular c. efficient d. flexible
4. Breathing means taking air into one's and sending it out again.
a. vessels b. muscles c. joints d. lungs
5. When you do something you do it well and with no waste of time, money, or energy.
a. flexibly b. efficiently c. seriously d. perfectly

Compare your answers with a partner's.

Focus on Grammar

Conjunctions of Time, Reason and Condition

Read the following sentences carefully.

1. **When** you exercise, your body uses that extra fuel to keep you going strong.
2. **As** you do aerobic exercise and bring in oxygen, your heart becomes stronger.
3. I saw Peter **as** I was getting off the bus.
4. He has a very strong body **because** he does a lot of exercise.
5. Exercise helps protect you from injuries **since** it gives better support to your joints.
6. **Since** you are unable to answer, perhaps we should ask someone else.
7. **As** he was too tired, he didn't feel like going to the gym.
8. We asked Philip to come with us, **as** he knew the road.
9. Exercising is an excellent way to feel happy **whether** you do it alone **or** with your friends.
10. Look, Kate, I'm calling the doctor, **whether** you like it **or** not.

Now answer the following questions.

1. What does *as* in sentences 2 and 3 mean?
2. What do *since* and *as* in sentences 5, 6, 7 and 8 mean?
3. What does *whether ... or* in sentences 9 and 10 mean?

Grammar Practice

1 Match a line in A with a line in B.

A

B

- | | |
|---|--|
| 1. As we had no food at home, | a. we looked into the shops. |
| 2. Since we didn't need the car, | b. Mary was cutting the birthday cake. |
| 3. As we walked along the street, | c. we decided to go to the restaurant. |
| 4. When we arrived at the party, | d. we felt too tired. |
| 5. Since we had done a lot of exercise, | e. we decided to sell it. |

Compare your answers with a partner's.

2 Fill in the blanks with *since*, *as*, *when* or *whether*. Sometimes more than one answer is possible.

1. You can still enjoy exercising you are young or old.
2. Mary joined the national basketball team she was 21.
3. Some people change their eating habits they get older.
4. the weather was fine, we went out for a walk.
5. He started regular exercise at a club he was going to lose weight.

Compare your answers with a partner's.

3 Combine the following sentences using *since*, *as*, *when*, *whether ... or*.

1. I felt really tired. I stayed at home and had a rest.

.....

2. The little boy felt lonely. No one played with him.

.....

3. You'll have to do this job. You may like it or not.

.....

4. Ali heard the news on the radio. He was driving home.

.....

5. My brother usually gets a headache. He watches TV for a long time.

.....

Compare your answers with a partner's.

Grammar Digest



1. *When* and *as* are conjunctions of *time*. *When* is used when one thing happens after another. *As* is used when two things happen at the same time.

- **When** I heard the doorbell, I opened the door.
- I saw an accident **as** I was walking home.

2. *As*, *since* and *because* are conjunctions of *reason*. They are used to give the reason why something happened or why somebody did something.

- **As** I was too hungry, I stopped to buy a sandwich.
- She didn't go out **because** it was raining.
- **Since** the exercise is too easy, we can easily do it.

3. *Whether ... or* shows *condition*. It expresses the idea that neither this condition nor that condition matters because the result will be the same.

- You will have to accept it **whether** you like it **or** not.
- We must do all these exercises **whether** they are easy **or** difficult.