## Tulipanes-Rosados.jpg

## CHOOSE SOMETHING YOU REALLY LOVE DOING OR YOU FEEL HAPPY ABOUT AND PREPARE TO TALK ABOUT IT

## YOU CAN USE THIS INFORMATION OR ANY OTHER YOU MAY NEED OR ANSWER THE QUESTIONS TO PREPARE YOUR PRESENTATION:

My favorite Activity is do Gym (Exercise)

1. When did you start doing this activity? How did you get to know about it?

I started practicing a similar sport at covid season. I liked to do pull-ups in my house and push-up on the floor. When the covid season finished, I started at the gym.

1. Why do you like it?

For me doing any sport clears my mind, but personally, I like weightlifting more than any other sport and I look better myself physically every month

1. How do you feel when you practice it?

When I’m doing exercise, it’s obviously not pleasant, but when I finished, I feel realized and good about myself

1. Why would you recommend it? I would recommend this activity because the hypertrophy is very important. In any sport you do cardio, but over the years, the muscle is very important.
2. Does anyone you know practice it? Well, as a matter of fact, I know of my friends where I live. My family likes dancing or running more than this.
3. Mention or research about some celebrities that are also fond of this activity

Many people you don’t know like Joan Pradells, but celebrities you do know, all sportsmen or sportswomen practice it.

1. Think of how you would do a commercial in which you can advertise this activity.

I imagine a commercial which people with a good pyshique and older people are doing exercise, having the older person as the protagonist and giving a life lesson to the other person, taking place in a gym.