

Excessive Exercise

Discussion

Do you know someone who is exercising too much?

I know many people who don't exercise at all.

How are you doing today?

I am great.

I am very good.

What did you do before the class?

I just woke up, ate my breakfast, and washed my hair.

What is your plan for today?

It's my summer vacation.

I spend a lot of time on taking care of her.

She is asleep now.

I am going to work.

I had a fun weekend.

How old is your daughter?

She is eight years old.

It sounds like, when your daughter is awake, you don't have any time for yourself?

I have to take her to her extracurricular classes.

It sounds like you do too much for her.

What is your job?

I am a full-time student.

I am a warehouse keeper in LED factory.

How much exercise is right for you?

I don't know. I am pregnant so I don't do a lot of exercises.

Before I got pregnant I did some exercises every day, like running and swimming for an hour. I felt satisfied and relaxed after exercising.

What were your fitness goals?

My fitness goal was not to be too fat and staying healthy.

I get sick the least in my family.

How much exercise is too much?

Different people have different body conditions.

The point of exercising is to get tired.

I like to do stretching at my home. I like to run. I run for an half of hour and then walk for half an hour.

Have you ever been injured?

No, I can't remember. When I was a child I fell from the second to the first

floor.

Vocabulary

New Words

1. moderate(adj.)
2. thrust(verb)
3. adverse(adj.)
4. be prone to(adj.)
5. Bulimia(noun)
6. anorexia(noun)
7. compulsive(adj.)
8. drain out(verb)
9. heigten(verb)

Useful Words

1. joint(noun):part of our body where bones meet.
2. tendons(noun):tissue that connects bones with muscles.
3. ligaments(noun):an elastic tissue around your joints.
4. addict(noun):a person who suffers from addiction, can't stop doing something bad.
5. injury(noun):a physical harm to someone's body.
6. ranging(noun):spreading, covering a certain period of time or certain amount.
7. spend time on something(expression)
8. couch games(noun):games that are played in co-op mode, on the same console(PlayStation)
9. Cortisol(noun):a hormone in our body, stress hormone.
10. hormones(noun):a chemical that our body produces in order to function normally(melatonin(sleep), adrenalin(excitement), dopamine(hormone of goal achiving-happiness)...))

Pronunciation

Words

1. addict /a-dikt/
2. Cortisol /kor-ti-sol/
3. ranging /rejn-dzing/
4. injury /in-dz-ri/
5. melatonin /me-la-to-nin/
6. adrenalin /a-dre-na-lin/
7. dopamine /do-pa-min/