

# ***ESL Health Unit***

## **Unit Four Healthy Aging**

### **Lesson Two Exercise**



## ***Reading and Writing Practice***

### ***Advanced Beginning***

#### **Checklist for Learning:**

*Below are some of the goals of this lesson. Which ones are your goals too?  
Check (✓) them.*

- Understand the benefits of exercising
- Learn about ways to safely increase your activity level
- Use stress to pronounce “can” and “can’t.”

Students  
Helping  
In the  
Naturalization of  
Elders

**MetLife Foundation**



### **Lesson Two: Exercise**

## ***Reading and Writing Practice***

### **Before You Read!**

*Before you begin reading, complete the following activity with your classmates and your teacher.*

*Answer these questions with a partner:*

1. How much exercise do you get every week?
2. What kinds of exercise do you enjoy?
3. Do you think you should exercise more? Why or why not?

## **Vocabulary**

*Study these new vocabulary words before you read. Read the sentences and guess the meaning of the **bold** words from context. Discuss the words with your teacher.*

- 1. My doctor checks my health during my **physical**.*
- 2. My **neighbor** lives near me. She talks to me almost every day.*
- 3. I do not want to exercise **on my own**. I prefer to exercise with other people.*

## Reading Two

*This story was generated by the course developer for instructional purposes.*

### **Cecilia's Story: Finding Friends at the YMCA**

My name is Cecilia and I am 63 years old. At my last physical, my doctor told me I should exercise every day to stay healthy. I didn't know what to do. My neighbor suggested going to the YMCA. She saw some older people in an exercise class there. We went there together and liked it very much.

Now I go 2 times a week. I take a senior dance class and a water exercise class. I really enjoy exercising at the YMCA. I like the other people. They're older like me, and I've made some new friends. I do not like to exercise on my own, so exercising with other people is great for me. I have felt a lot better since I joined the YMCA!

*Choose whether the following statements are true or false based on the reading:*

1. Cecilia's doctor told her to exercise more. T F
2. Cecilia goes to the YMCA with her neighbors. T F
3. Cecilia takes a water dance class. T F
4. The people in Cecilia's exercise classes are older. T F
5. Cecilia feels better now that she exercises. T F

*Now discuss these questions with your partner.*

1. Do you know anyone who takes exercise classes?
2. Have you ever taken an exercise class? If yes, where have you taken the class?

*Now read about Victor. Underline any words you don't know and discuss them with your classmates and your teacher.*

### **Victor's Story: Learning How to Walk Again**

*This story was generated by the course developer for instructional purposes.*

My name is Victor and I am 63 years old. I'm from Ukraine and have lived in the US for 10 years. I recently went to my doctor because my back started to hurt and my knees felt very stiff. He told me that I need to exercise at least 30 minutes a day.

In my home country, I never thought about exercising. I had an active lifestyle. I used to walk to work and to the store every day. Now I live in the US and I never walk. I drive my car everywhere.

So my son bought me a dog; his name is Misha. Now Misha and I walk together. My grandson sometimes comes with us too. Misha must walk every day, whether I want to or not. I have been feeling much better and I have more energy, just like I used to feel in Ukraine.

*Choose whether the following statements are true or false based on the reading:*

1. Victor went to the doctor because he felt dizzy. T F
2. The doctor told Victor to exercise an hour every day. T F
3. Victor used to walk a lot. T F
4. Victor's grandson bought him a dog. T F
5. Victor's dog Misha wants to walk every day.  
T F
6. Victor feels better now that he has an active lifestyle. T F

*Now discuss these questions with your partner.*

1. How much do you walk every day?
2. How can you add more exercise into your lifestyle?

*Cecilia and Victor have both increased the amount of exercise they do each week. They are becoming **fit** (in good shape) and healthy. How **fit** are you? How much do you know about exercising? Take the following Fitness Quiz. After you finish, discuss your answers with your classmates and teacher.*



### **Fitness Quiz**

You can be fit over 50. Learn more about senior fitness by taking this quiz, based in part on the President's Council for Physical Fitness and Sports.

1. As we get older, we should limit our physical activities.
  - True
  - False
2. Exercising in the evening will keep you awake at night.
  - True
  - False
3. To become fit, you need to go to the gym.
  - True

False

4. One of the best exercises for older adults is walking.

True

False

5. You'll know that you're exercising well if you're breathing hard.

True

False

6. Older people need to drink liquid during exercise.

True

False

## Answers to Quiz

1. Answer: **False.** Senior citizens should not stop exercising. Exercising helps you stay healthy. Check with your doctor before beginning an exercise program. Start slowly. Exercise for only 5 to 10 minutes at first, but slowly increase your time to 30 or 60 minutes a day.

2. Answer: **False.** Doing some mild exercise several hours before bed will help you get to sleep.

3. Answer: **False.** There are many safe exercises you can do at home.

4. Answer: **True.** Walking is a great exercise because it's easy on your joints. Walking also strengthens your leg muscles and improves your balance, helping you avoid falls.

5. Answer: **False.** Breathing heavily can mean you're working too hard. You should be able to maintain a conversation at the pace you've set. If you can't, slow down.

6. Answer: **True.** No matter what your age, everyone needs to drink water before, during and after exercise.

Adapted from Author: Dianna Sinovic; Source: President's Council for Physical Fitness and Sports; Online Editor: Phil Fuhrer; Online Medical Reviewer: Cynthia Godsey, M.S.N., F.N.P./C., Gordon Lambert, M.D.

# ***ESL Health Unit***

## **Unit Four Healthy Aging**

### **Lesson Two Exercise**



#### ***Listening and Speaking***

#### ***Advanced Beginning***

#### **Checklist for Learning:**

*Below are some of the goals of this lesson. Which ones are your goals too?  
Check (✓) them.*

- Understand the benefits of exercising
- Learn about ways to safely increase your activity level
- Use stress to pronounce “can” and “can’t.”

## Lesson Two: Exercise

### *Listening and Speaking Practice*

#### **Before You Listen!**

*Begin by reading the Health Watch box about the benefits of exercise.*

#### **Health Watch - The Benefits of Exercise**

At least 30 minutes of activity five or more days a week can improve your overall health.

Some of the benefits from exercising include:

- Weight control
- Better sleep
- More energy
- Reduced stress
- Better ability to fight colds and illness
- Stronger bones and muscles
- Lower risk of diabetes, heart disease, high cholesterol and blood pressure, and colon cancer

Physical activity is a kind of health insurance, only you don't have to buy it. By staying active, you're protecting yourself against disease, disability, and death.

If you already have a chronic health problem, physical activity can help you manage symptoms. For instance, exercise helps people with diabetes control their weight and their blood sugar levels. It also helps prevent heart disease.

*Now discuss these questions with a partner and then share your answers with the class.*

1. Do elderly people exercise in your native country?
2. What are the most common exercises or sports practiced in your country?



Anne: But is it good for your health?

Theo: Yes. Doing Tai Chi helps reduce blood pressure, improve heart health, and make your muscles stronger. It also reduces stress.

Anne: Wow – that’s really great.

Theo: The best part is I’m not having so many problems sleeping anymore.

Anne: It sounds like Tai Chi has really helped you. Maybe I should think about joining the class.

Theo: Definitely! Why don’t you come with me next week?

### Activity One:

*Fill-in-the blank with the appropriate answer based on the listening.*

1. Theo was \_\_\_\_\_ in the park with a group of people.  
a. walking his dog            b. exercising
  
2. Tai Chi is a traditional \_\_\_\_\_ exercise.  
a. Chinese                      b. Taiwanese
  
3. Theo's doctor told him exercise can help his \_\_\_\_\_  
problems.  
a. heart                              b. sleep
  
4. Theo feels \_\_\_\_\_ after his Tai Chi class.  
a. energetic                      b. tired
  
5. Anne will join Theo's Tai chi class \_\_\_\_\_.  
a. next week                      b. yesterday

### Activity Two:

*Practice the dialogue with a partner. Take turns being Theo and Anne.*

## Talk About It!

*Pronunciation Tip: Can and Can't*

Sometimes it is difficult for listeners to tell the difference between **can** and **can't** in fast speech. If we pronounce each word slowly, they have almost the same pronunciation. However, when we pronounce them in a sentence, their pronunciation sounds very different.

### Pronunciation

<b>can</b>	<b>can't</b>
<ul style="list-style-type: none"><li>• unstressed</li><li>• short</li><li>• like /ken/</li></ul>	<ul style="list-style-type: none"><li>• stressed</li><li>• longer</li><li>• like /can/</li></ul>

Listen to your teacher pronounce the following sentences:

I **can** go to the YMCA

I **can't** go to the YMCA

We **can** walk every day.

We **can't** walk every day.

**Activity One:**

*Practice saying the sentences with your teacher. Pay attention to the reduced “can” and the clear “can’t”. Listen and repeat.*

1. I can walk two miles.
2. My brother can exercise 30 minutes every day.
3. I can sing.
4. I can ice skate.
5. I can't swim.
6. I can't walk for an hour.
7. I can't do Tai Chi.

**Activity Two:**

*Now with a partner, say one of the following sentences. Your partner should identify which sentence you say, either “A” or “B”.*

<b>A</b>	<b>B</b>
I can walk two miles.	I can't walk two miles.
My brother can exercise 30 minutes.	My brother can't exercise 30 minutes.
I can sing.	I can't sing.
I can ice skate.	I can't ice skate.
I can swim.	I can't swim.
I can walk more than 15 minutes.	I can't walk more than 15 minutes.
I can do Tai Chi.	I can't do Tai Chi.

**Activity Three:**

*In this activity, you will read about Tina and discuss ways she can improve her health.*

My name is Tina. I am 65 years old. I am a little overweight and I do not exercise very much. I drive my car everywhere. I have a dog who stays

outside of my house, in my yard. My neighbors are all my age. We are friends.

*Check (✓) three things Tina can easily do to increase her activity and improve her health:*

- Walk the dog
- Stop driving everywhere
- Go swimming three times a week
- Join a gym
- Walk with her neighbors

*Using the activities previously mentioned, write sentences about what Tina can or can't easily do to increase her activity. For example:*

1. *Tina can easily walk the dog every day.*
2. \_\_\_\_\_
3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

*Now imagine that you are Tina and you would like to talk with your doctor about how to increase your physical activity. Write three questions you could ask the doctor. For example:*

1. *Can I start walking every day?*

2. \_\_\_\_\_

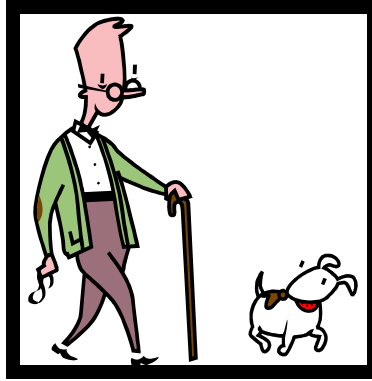
3. \_\_\_\_\_

4. \_\_\_\_\_

## ***ESL Health Unit***

### **Unit Four Healthy Aging**

#### **Lesson Two Exercise**



## *Real Practice*

### *Advanced Beginning*

#### **Checklist for Learning:**

*Below are some of the goals of this lesson. Which ones are your goals too?  
Check (✓) them.*

- Understand the benefits of exercising
- Learn about ways to safely increase your activity level
- Use stress to pronounce “can” and “can’t.”

Students  
Helping  
In the  
Naturalization of  
Elders

# MetLife Foundation



## **Lesson Two: Exercise**

### **Real Practice!**

*Increase your physical activity!*

*Before you begin keep the following tips in mind:*

1. **Talk with your doctor** – Before you begin any new exercise program, talk with your doctor about your condition. He or she will give you advice on how to increase your activity slowly.

2. **If something hurts, stop exercising** - These are some warning signs that mean you should stop what you are doing and consult a doctor:

Chest pain or pressure

Trouble breathing

Continuous or sharp muscle or joint pain

Nausea

Difficulty with balance

### **Other important tips**

- Start Slowly – Start with 10 minutes a day. Slowly increase your time.
- Be Comfortable – Wear comfortable clothing and shoes.
- Breathe – Remember to breathe when you are doing your exercise.

Don't hold your breath.

- Drink – Drink water before, during and after your activity.
- Warm Up & Cool Down – Always ease your body into and out of exercise. Walk slowly or stretch for at least 5 minutes. (See Online Resources for good stretching techniques.)

*Above information take from [http://www.helpguide.org/aging/senior\\_fitness\\_sports.htm](http://www.helpguide.org/aging/senior_fitness_sports.htm)*

*Choose at least one of the activities below and then report your progress back to class.*

### **Activity One: See your Doctor**

If you are worried about starting an exercise program, see your doctor and get advice. List any information he or she gives you and talk to him or her about ideas for exercise activities.

### **Activity Two: Keep an Activity Journal**

Write every kind of activity you do during a week. Fill in the chart for the name of the activity, the amount of time you did it, and how you felt.

<b>Activity</b>	<b>Time Spent</b>	<b>How you felt</b>
<i>Walking in the mall</i>	<i>20 minutes</i>	<i>energized</i>
<i>Stretching while</i>	<i>10 minutes</i>	<i>sore</i>
<i>watching television</i>		


**Activity Three: Chart your Progress**

1. See how far you can walk in exactly six minutes. Write down how far you walked -- in feet, blocks, laps, miles, number of times you walked up and down a long hallway, or whatever is convenient for you. Test and record your scores each week.

2. Time yourself as you walk up a flight of stairs as fast as you can safely.

Test and record your scores each week.

*A Thematic Unit for Intermediate Level ESL Teachers  
Advanced Beginning Level, Unit Four: Healthy Aging  
Lesson Two: Exercise*

## Checklist for Learning

### Vocabulary Log:

*In the space below, write down all of the new words you learned during this lesson that you want to remember. Try to separate your list of words into nouns (person, place or thing), adjectives (describing words) and verbs (action words). For extra practice use them in sentences of your own.*

#### *New words I learned during this lesson:*

*Nouns:*

*Adjectives:*

*Verbs:*

### What can you do?

*Below are some of the language goals you worked on during this lesson. Check (✓) what you learned from this lesson. Add more ideas if you wish.*

*I learned to...*

- Understand the benefits of exercising
- Learn about ways to safely increase your activity level
- Use stress to pronounce “can” and “can’t.”
- \_\_\_\_\_

