

ESL Health Unit

Unit Four Healthy Aging

Lesson Two Exercise



Reading and Writing Practice Intermediate

Goals for this lesson:

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

- Practice using gerunds and infinitives after certain verbs
- Understand the benefits of exercising

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?

Before we go on: a grammar lesson on using gerunds and infinitives.

Gerunds and infinitives are forms of verbs that act like nouns.

Gerund	Infinitive
Ali began exercising last year.	He just decided to start one day.

A gerund is a verb + -ing. An infinitive is “to” + the verb.

In both the examples above, the gerund and the infinitive are the objects of the verbs in the sentence.

However, as noun substitutes, gerunds and infinitives can also be the subject of a sentence.

Gerund	Infinitive
Exercising is not always easy or convenient.	To begin a regular program takes a lot of motivation

This lesson will focus primarily on verbs that come before infinitives and gerunds when they are used as objects in a sentence.

Some common verbs are always followed by a gerund:

Jeannie **admitted** not **exercising** enough. She **considered** **enrolling** in a special class but decided it was too difficult. But she was worried about her overall health and she **felt like** **trying** something that would motivate her. Her friend **recommended** **starting** a routine walk together. So now she and her friend walk in the shopping mall every Tuesday, Thursday and Saturday morning before eating breakfast.

Some verbs are always followed by infinitives:

My husband **refuses to exercise** and I am worried about him. We have discussed it many times and sometimes he **promises to do** something. Sometimes he **agrees to start** and he actually will buy a video tape and exercise at home or start walking with a friend, but in the end he always gives up.

Some verbs can be followed by either a gerund or an infinitive:

My neighbor with arthritis **began taking** a senior water aerobics class last month. Soon he **began to feel** better and could even reduce his medication.

Emma **likes eating** more than she likes to exercise. She especially **loves to eat** chocolate but she also **loves spending** time with her grandchildren and wouldn't want to miss their childhood so she exercises 30 minutes every day.

I am going to **try eating** less and **exercising** more. I am **trying to lose** at least 10 pounds!

Go + Infinitive:

A common expression in English is go + an activity.

We go swimming everyday.

We go shopping.

He goes walking in the park in nice weather.

Following is a chart with some commonly used verbs which precede either gerunds, infinitives, or both.

Verb + Gerund	Verb + Infinitive	Verb + Gerund or Infinitive
admit (to)	agree	attempt
delay	aim	begin
get used to	afford	can/ can't stand
practice	appear	cease
risk	arrange	continue
appreciate	ask	forget
deny	care	go on
look forward to	choose	hate
put off	claim	like
stop	consent	love
avoid	dare	neglect
discuss	decide	prefer
imagine	decline	regret
recommend	demand	propose
suggest	deserve	remember
be accustomed to	desire	see
dislike	expect	start

keep (on)	fail	stop
regret	guarantee	try
tolerate	happen	
be used to	hope	
enjoy	intend	
(not) mind	know	
report	learn	
understand	manage	
can't help	need	
feel	offer	
like	plan	
miss	pledge	
resent	prepare	
consider	pretend	
finish	promise	
postpone	refuse	
resist	resolve	
	seem	
	tend	
	struggle	

	swear	
	volunteer	
	wait	
	want	
	wish	
	would like	

Reading Two - Finding Friends at the YMCA

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

First read Cecilia's story.

I am Cecilia and I want to talk about the benefits of joining the YMCA. The doctor always tells me that I must watch what I eat and exercise. But it's difficult for me. I'm not some young person who is going to put on tight pants and go jogging. That's not for me. So my neighbor suggested we look at the YMCA. She saw some older people in a class one day when she picked up her granddaughter from summer camp. I was very doubtful at first but we went together and decided to give it a try. Now I go 2 times a week. I have taken a senior dance class and a water exercise class. I really enjoy exercising there. I like the other people, they're old like me, and I've made some new friends. I know I am not motivated to exercise on my own, so doing something with other people is great for me.

Now use the appropriate gerund or infinitive in the statements about Cecilia. Check the chart if you need help.

1. Cecilia prefers not _____ (jog).

2. She seems _____ (appreciate) exercising with people her own age.
3. She knows _____ (exercise) on her own is not easy.
4. Her neighbor recommended _____ (join) a class together.
5. Cecilia and her friend decided _____ (try) a water exercise class.

Now read about Victor and how he increased his activity. Make sure to underline and then discuss any words you don't know with your class and your teacher.

Reading Three – Learning How to Walk Again

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

My name is Victor. I am 63 years old and I'm from Ukraine. I learned after living in the US for 10 years that I must try every day to exercise. I never thought about exercising in my own country because I did so much walking. I walked to work and to the store every day. I worked in my garden in the summer and walked to visit friends. But now I live in the US and I never walk. I drive my car everywhere. My back started to hurt and my joints felt very stiff so I went to my doctor. He told me that I need to exercise at least 30 minutes a day. So my son bought me a nice dog; his name is Misha. Now Misha and I walk together. In nice weather my grandson comes with us. The good thing about Misha is that he must walk every day, whether I'm in the mood or not. If I am just sitting, Misha will come and push a book off my lap with his foot. And my joint pain is much better and I have more energy, just like I used to feel in my hometown in Ukraine.

Now finish the sentences about Victor using either a gerund or infinitive.

1. Victor got used to

_____.

2. Victor needed

3. Victor's son decided

4. Misha enjoys

5. Now Victor feels

Cecilia and Victor have both taken steps to increase the amount of exercise they do each week and are on their way to becoming fit and healthy. How fit are you? How much do you know about the importance of exercising in a healthy way? Take the following Fitness Quiz. After you finish, discuss your answers with your classmates and teacher.

Fitness Quiz

Just because you're over 50 doesn't mean you can't be fit. 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 because too much can be hard on our bodies.

- True
- False

2. Exercising in the evening will keep you up at night.

- True
- False

3. Keeping an exercise log can let you know if you are exercising enough.

- True
- False

4. Many exercises can be done from a wheelchair.

- True
- False

5. To do strength training properly, you will need a set of dumbbells.

- True
- False

6. An older person's exercise program should include activities that develop flexibility, strength training and endurance.

- True
- False

7. One of the best aerobic exercises for older adults is walking.

- True
- False

8. To get a good water workout, you must know how to swim.

- True
- False

9. You'll know that you're exercising at a good pace if you're huffing and puffing.

- True
- False

10. Older people don't need to drink as much fluid during exercise as younger people.

- True
- False

Answers to Quiz

1. Answer: **False.** A decline in physical fitness is not a consequence of aging. Many frail seniors got that way because they stopped exercising. Many chronic health conditions are made worse by lack of physical activity.

Even if you haven't been active, it's not too late to start. Be sure to check with your doctor before beginning an exercise program. Start slowly and build up gradually. That might mean exercising for only five to 10 minutes at first, but over several months, you can increase your time to 30 minutes, and eventually to 60 minutes a day.

2. Answer: **False.** Getting enough exercise – no matter when you do it during the day – can help ease insomnia, a common problem among older adults. Doing some mild exercise several hours before bed will help you get to sleep.

3. Answer: **True.** You don't have to get all your exercise for the day at one time. You can break up exercise into short periods, with rest in between. You might garden in the morning, for instance, and swim in the afternoon. Writing in an exercise log can help you keep track of how active you are. Another benefit is that you can track your progress over time, which can help keep you motivated to exercise regularly.

4. Answer: **True.** Even if you must spend most of your time in a wheelchair, you can still exercise. You should be able to do: flexibility

exercises for fingers, wrists and feet; neck extensions; simulated swimming strokes with your arms (crawl, breast stroke, back stroke) to stretch your shoulders; back stretches; leg extensions; and arm curls.

5. Answer: **False.** A set of dumbbells is nice to have, but you can use substitute items: a bucket of soil, a stone, a brick or a can of food. For many strength exercises, such as leg extensions and heel raises, you can simply use the weight of your body as the resistance.

6. Answer: **True.** These are the core parts of any good exercise program, no matter what your age. Flexibility exercises help maintain your range of motion. As you age, your muscles tend to lose their elasticity, and tissues around the joints thicken. These exercises help counteract this, as well as slow down the development of arthritis. Strength training helps halt the loss of muscle tissue that occurs as you age and helps prevent back problems. Endurance exercise, also called aerobic exercise, boosts the health of your heart, lungs and blood vessels, as well as giving you more energy. Weight-bearing aerobic exercise also can stimulate bone growth and make your bones healthier.

7. Answer: **True.** Walking is a great aerobic exercise because it's easier on your joints than running, and the massaging action of your leg muscles on your leg veins improves the flow of blood back to the heart. Walking also strengthens your leg muscles and improves your balance, helping you avoid falls. Other advantages to walking: it's free, it can be done just about any time and it has the lowest rate of injury of any exercise. Other good choices for aerobic exercise include biking and golfing (as long as you're walking the fairways). Activities like gardening and playing with your grandchildren also can count toward your daily activity time.

8. Answer: **False.** You can get a great workout by doing water aerobics, or walking in the water. A bonus is that the buoyancy of the water is easy on your joints. Swimming can be a better exercise than walking for people with diabetes who have lost feeling in their feet. For most people, however, an aerobic program should also include weight-bearing exercises such as walking or dancing to maintain good bone health.

9. Answer: **False.** Huffing and puffing can mean you're pushing yourself too hard. One good rule of thumb to follow: You should be able to maintain a conversation at the pace you've set. If you can't, slow down. Another good

way to judge your pace is to check your heart rate. You should exercise at 60 to 85 percent of your maximum heart rate.

10. Answer: **False.** No matter what your age, if you sweat, it means you're losing fluids. Older adults may not feel thirst as quickly as younger people, so it's especially important to make sure you drink water before, during and after exercise.

Author: Dianna Sinovic

Source: President's Council for Physical Fitness and Sports

ESL Health Unit

Unit Four Healthy Aging

Lesson Two Exercise



Listening and Speaking Practice

Intermediate

Goals for this lesson:

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.”

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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

What's the secret to a long and healthy life? While genes play a role, your

lifestyle has the biggest effect on how healthy you are and how long you live. After smoking, lack of physical activity, along with poor eating habits, is the largest underlying cause of death in the U.S., according to the National Institutes of Health.

A little physical activity goes a long way. 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
- Relief from depression
- Reduced stress

- Better ability to fight off colds and other illness
- Arthritis relief
- Stronger bones and muscles, which can prevent falls and bone loss disease
- Lower risk of diabetes, heart disease, high cholesterol and blood pressure, and colon cancer

People who are physically active also tend to have healthier diets, which is also very important for good health.

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

If you already have a health condition or illness, physical activity can relieve or help you better manage symptoms. For instance, physical activity can help people with diabetes lower and control their blood sugar levels. It also protects them against heart disease, the leading killer of people with diabetes, according to the American Diabetes Association.

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

1. Do elderly people exercise in your native country? If so, what kinds of exercise are popular?

while and then talks to Theo about it the following day while they're waiting for the bus.

Anne: So what exactly were you doing yesterday at the park? It looked so strange!

Theo: I was taking my Tai Chi class.

Anne: Tai what?

Theo: Tai Chi. It's a traditional Chinese exercise that combines meditation with gentle movement. I saw the class one day when I was walking in the park and then after talking to my doctor about it, I signed up. He encouraged me to do some sort of regular exercise to help me with my sleep problems and I did some research on the Internet and found out more about Tai Chi.

Anne: Oh, sounds interesting.

Theo: It is! Tai Chi involves the whole body but doesn't strain your joints or your muscles. It's great because I don't feel tired or sore after my class. It gives me energy!

Anne: But is it good for your health if you don't work really hard?

Theo: Absolutely. Practicing Tai Chi promotes good health, and studies have found that it can reduce blood pressure, improve heart health, increase muscle strength, improve balance, and reduce your risk of falling. It's also supposed to help with anxiety and depression. This may sound funny, but it gives me an incredible sense of peace and well-being.

Anne: Wow – that's really impressive.

Theo: Yeah, and you know as I'm getting older, I appreciate all of those things even more. Oh and the best part, I'm not having so many problems sleeping anymore, especially the day of my class.

Anne: Maybe I should think about joining you.

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

Now answer these questions:

1. What is Tai Chi?

2. Why did Theo start doing Tai Chi?

3. What are some of the benefits to doing Tai Chi?

Talk About It!

Before we go on: a pronunciation lesson on pronouncing can and can't.

Sometimes it is difficult for listeners to tell the difference between **can** and **can't** in fast speech.

Can

When saying “can” in the middle of sentence or phrase, say it unstressed or quickly. Try linking it together with the word before it.

Example:

I can swim 50 laps in a swimming pool without stopping.

Sounds like “*Iken* swim 50 laps”

My son can play soccer very well.

Sounds like “My *sonken* play soccer very well.”

Can't

In the middle of a sentence or phrase, “can't” is stressed. That means it is pronounced slowly and the vowel sound is a little bit longer than an unstressed word.

She **can't** swim at all.

My daughter **can't** cook every day because she doesn't have time.

Activity One:

Practice saying the sentences after hearing your teacher.

I can walk two miles.

My brother can exercise 30 minutes every day.

I can sing.

I can ice skate.

I can't swim.

I can't walk more than 15 minutes without breathing heavily.

I can't do Tai Chi.

Activity Two:

Now with a partner, say one of the following sentences. Your partner should guess which sentence you say, either "A" or "B".

A	B
I can exercise for 40 minutes without	I can't exercise for 40 minutes

getting tired.	without getting tired.
Anna can do yoga.	Anna can't do yoga.
I can dance the Tango.	I can't dance the Tango.
Victor can improve his mood by taking a walk every day.	Victor can't improve his mood by taking a walk every day.

Now take turns asking each other about things you can do to increase your activity level every week. Make a list of suggestions and present them to the class. Be sure to use can and can't with the correct stress.

Example: You can walk to the corner grocery store instead of driving.

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Lesson Two Exercise



Real Practice *Intermediate*

Goals for this lesson:

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Check (✓) them.*

- Practice using gerunds and infinitives after certain verbs
- Understand the benefits of exercising

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Lesson Two: Exercise

Real Practice!

Increase your physical activity!

Before you begin keep the following tips in mind

1. **Get your doctor's okay first** – Before you begin any new exercise program, have a check-up and talk with your doctor or healthcare practitioner about any special conditions you might have.

2. **IF SOMETHING HURTS, STOP DOING IT** - If you have pain when you exercise, take a break. If you are sick, you should go easy or skip a few days. When you resume, start slowly again. These are some warning signs that mean you should stop what you are doing and consult a doctor:

Chest pain or pressure

Breathing trouble or excessive shortness of breath

Persistent or sharp muscle or joint pain.

Nausea

Unusual balance difficulty

Severe illness

OTHER IMPORTANT TIPS

- Start Slowly – Start with 10 minutes a couple times a day if you can. Go slow and be consistent.

- Be Comfortable – Wear comfortable, non-restrictive clothing, supportive shoes and layers so that you can adjust as your body temperature rises.
- Keep It Easy – Moderation is key, don't overexert yourself.
- Breathe – Remember to breathe consistently throughout your exercise.
- Hydrate – Drink plenty of 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.)
- Build Up – Gradually increase the time and intensity of your activity. It will become easier as you exercise consistently.
- Mix It Up – Vary the type of activity you do. Try a new sport or take a tai chi or yoga class for variation. Doing new things will help you remain interested.
- Make It Fun – Get active with friends, listen to music or take up an active hobby to keep it fun and interesting.
- Be Consistent – If you can do a little bit every day, it will eventually become part of your routine and you will automatically include it. If you only do a lot occasionally, it will be difficult to keep it up and you won't realize any of the benefits.
- Keep an Activity Log – Write down what types of activity you do everyday. As the days go on, it will be easier to keep up the pace when you look at all of the progress you are making

Above information take from 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 a realistic fitness goal as well as ideas for suitable 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 the exercise category.

Activity	Time Spent	Category (endurance, flexibility and strength training)
<i>Walking in the mall</i>	<i>10 minutes</i>	<i>Endurance</i>
<i>Stretching while watching television</i>	<i>20 minutes</i>	<i>Flexibility</i>

Activity Three: Chart Your Progress

1. For endurance exercises, 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. For lower-body strength, time yourself as you walk up a flight of stairs as

*A Thematic Unit for Intermediate Level ESL Teachers
Intermediate 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...

- Know the warning signs of poor nutritional health and what you can do to improve your diet.
- Understand the difference between count and non-count nouns
- Be able to use the phrases “used to”, “be used to” and “get used to” to compare the past to the present.
-

