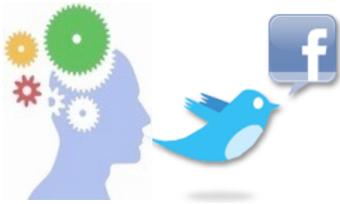


# Weekly English Practice



26th March 2015

English Coaching Projects S.Coop.

[weeklyenglishpractice.wordpress.com](http://weeklyenglishpractice.wordpress.com)



**flawed (adj):** Characterized by flaws; having imperfections  
**rack up (verb phrase):** To tally, accumulate, or amass as an achievement or score

**wreak havoc (v):** Disrupt, damage or destroy something as, as in: "The wind played/wreaked havoc with her hair."

**workout (n):** A structured regime of physical exercise

**hassle (n):** A problem brought about by pressures of time, money, inconvenience, etc.

**couch potato (n):** A person whose leisure time is spent watching television.

**gym rat (noun phrase):** a person who frequents gymnasiums

**ripped (adj informal):** Having highly developed muscles.

**glance (v):** To cast a glance or a brief look at; catch a glimpse of.

**huff and puff (idiom):** To breathe noisily, usually because you have been doing physical exercise.

**misnomer (n):** Application of a wrong name.

**a helluva lot (phrase):** abbreviation of "a hell of a lot" = a lot

*Squash is rated as healthiest sport in a survey conducted by the widely respected and influential US business magazine Forbes*

It is ironic that in an imperfect world few things are more **flawed** with inefficiencies, inconsistencies and injury risks than the pursuit of fitness.

Old manners of getting in shape seem to us today as antiquated and inefficient as using Indian clubs and medicine balls. While **racking up** several miles on the nearby track or jogging trail may be great for cardiorespiratory health, it does nothing for the upper

## SQUASH IS THE HEALTHIEST SPORT

body and can **wreak havoc** upon joints. Weight training may promote muscular strength, but it has a limited effect on the most important muscle of all, the heart. And while swimming seems to be everyone's ideal activity for the total-body **workout**, it won't melt many calories without hard-won and proper technique, and is worthless for anyone who lacks ready access to a pool.

Given such **hassles**, is it any wonder that some 70% of Americans don't engage in regular exercise? Well, frankly, yes, especially when one considers the benefits of even blatantly moderate physical pursuits such as walking or gardening, which have been found to alleviate depression, decrease weight, strengthen bones and reduce the risk of high blood pressure, diabetes, colon cancer and premature death.

While that's all well and good for recovering **couch potatoes**, what about those **gym rats** who seem to spend endless hours doing sit-ups and step-classes? Alas, in some ways they're wasting their time, because besides getting one ripped there's little difference between the long-term health benefits of moderate and intense physical activity.

Fair enough. But as anyone who has ever **glanced** around the departure lounge at an airport knows, "health" and "fitness" are two different things. The former has to do with reducing the risk of disease, while the latter is about maximizing the four basic physiological components of fitness: cardiorespiratory endurance, muscular strength, muscular endurance and flexibility.

Of course, one can be healthy without being fit, and vice versa. But while the out-of-shape middle managers you see **huffing and**

**puffing** toward the departure gate may be able to reach their life expectancy, they're going to be **a helluva lot** less comfortable getting there than those who strive to maintain peak physical condition along the way.

For anyone who would prefer to be among the latter, a list has been compiled of the Ten Healthiest Sports--a bit of a **misnomer**, perhaps, but you get the idea. Best pursued with calculated abandon to reduce their risk of injury, as well as in cross-training combinations to cover all of the basic physiological components, each of these sporting activities is a great way to get you fit--and keep you there.

Adapted from:

[http://www.forbes.com/2003/10/01/cx\\_ns\\_1001feat.html](http://www.forbes.com/2003/10/01/cx_ns_1001feat.html)

### Something to chat about

1. Does exercise play an important part in your life? Why/not?
2. What percentage of people do you think are active in your country? Give reasons for your answer.
3. How would you describe the sports facilities in your home town?
4. What are the most popular forms of exercise where you are from?
5. What sport would you have considered as being the healthiest? Why?
6. What is your impression of squash?



# “iLook, iThink, iSpeak” Express yourself better!

Check out the full slideshow about 10 different sports here: <http://www.forbes.com>

## IMPORTANT NOTICE:

**HAVE A GREAT EASTER!!**  
**SEE YOU IN APRIL**

The English Coaching Projects HUB will be **CLOSED** for the Easter Holidays from **Monday 30th March until Monday 6th April**. Classes will start again on Tuesday 7th April.

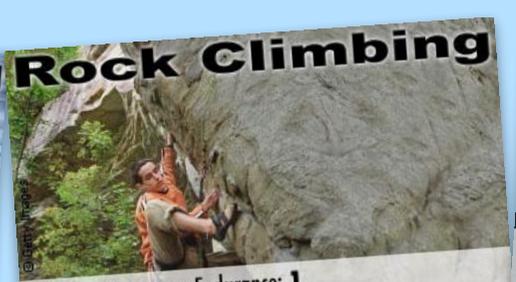
The next Weekly English Practice will be in your inbox on Thursday 9th April.



**Swimming**

- 1) Cardiorespiratory Endurance: **4.75**
- 2) Muscular Strength: **3**
- 3) Muscular Endurance: **5**
- 4) Flexibility: **3**
- 5) Calories/30 minutes (345): **2**
- 6) Injury Risk: **3**

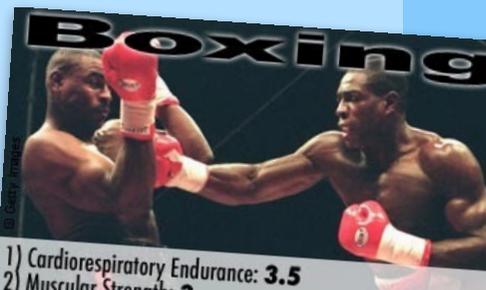
**OVERALL SCORE: 20.75**



**Rock Climbing**

- 1) Cardiorespiratory Endurance: **1**
- 2) Muscular Strength: **5**
- 3) Muscular Endurance: **4**
- 4) Flexibility: **5**
- 5) Calories/30 minutes (475): **5**
- 6) Injury Risk: **2**

**OVERALL SCORE: 22**



**Boxing**

- 1) Cardiorespiratory Endurance: **3.5**
- 2) Muscular Strength: **3**
- 3) Muscular Endurance: **5**
- 4) Flexibility: **2**
- 5) Calories/30 minutes (302): **2**
- 6) Injury Risk: **2**

**OVERALL SCORE: 17.5**



**Cycling**

- 1) Cardiorespiratory Endurance: **5**
- 2) Muscular Strength: **3**
- 3) Muscular Endurance: **5**
- 4) Flexibility: **4**
- 5) Calories/30 minutes (431): **4**
- 6) Injury Risk: **1**

**OVERALL SCORE: 19**



**Running**

- 1) Cardiorespiratory Endurance: **5**
- 2) Muscular Strength: **3**
- 3) Muscular Endurance: **4**
- 4) Flexibility: **1.5**
- 5) Calories/30 minutes (431): **4**
- 6) Injury Risk: **1**

**OVERALL SCORE: 18.5**

Look at these different sports and the scores given by the experts for each category

Do you agree with the scores given?  
Do you take part in any of these activities?

Are there any activities you don't do that you would like to try?  
Do you know anyone who takes an activity like this very seriously? Do they compete?

What do these sports contribute to society?  
Should any public money be spent on them? If so, how?



## HOLIDAYS WRITING COMPETITION

# THE WINNERS

FIRST prize - Esti Martínez

Second prize - Ainhoa Ráez

Joint third prize - Laura Gallego and Alberto Merino

**Well done everyone!!**  
**Enjoy your Chocolate Bunnies!!**



**Squash**

- 1) Cardiorespiratory Endurance: **4.5**
- 2) Muscular Strength: **3**
- 3) Muscular Endurance: **5**
- 4) Flexibility: **3**
- 5) Calories/30 minutes (517): **5**
- 6) Injury Risk: **2**

**OVERALL SCORE: 22.5**