

## 10

## Sweat it out

DSE



## Let's think!

1. Do you like exercising? Why or why not?
2. When was the last time you had a workout? What did you do?

Level: 1

## Text 1

## Last time my workout plan failed

Barbara Brown

**1** Another exhausting workday. I was jogging after dinner while it was bucketing down. I turned around and reached the car park in the basement. A lady in her thirties caught my eye—she was running faster and faster in her gym suit. I felt a bit embarrassed so I quietly walked into the lift in my drenched canvas shoes. I realised something had gone wrong since I began participating in a social media challenge called ‘The 21-day Workout Challenge’.

**2 I did NOT have a ‘Plan B’.**

‘Should I quit now? Heatstroke can kill!’ This came to my mind as I started sweating. I barely made it through the first week. The fact is that I did not have a contingency plan. Doing chores at home is a possible alternative and therefore unpleasant weather shouldn’t be an excuse.

**3 It all started with the WRONG MINDSET.**

‘It’s either all or nothing!’ I was running on the treadmill or doing weightlifting for two hours each day. But it was actually killing my motivation. I was wrong because I pushed myself to do things I didn’t enjoy at all. Taking a stroll along the promenade or doing the sport I’m good at could build strength too.

**4 I had NO TRIGGERS to pull.**

Excuses always get in the way of my goals—exhaustion and social gatherings made me get out of the habit. Thus I need ‘triggers’ which tell me it’s time to work out. It can be as simple as putting my sneakers in a prominent location where I am likely to see them.

**5** A ‘plan’ means there are goals to be achieved through a set of actions. We may aim too high and miss, or too low and hit. My lesson is that I failed the challenge as I came up with all kinds of excuses and a half-baked scheme.

Posted at 17:10

~300 words



Read Text 1 and answer questions 1–6. For multiple-choice questions, choose the best answer and blacken ONE circle only. (14 marks)

1. According to paragraph 1, the writer 'quietly walked into the lift' (lines 4–5) because \_\_\_\_\_.
- A. she was tired                      C. the weather was bad                      A      B      C      D  
 B. she felt ashamed of herself      D. her shoes were wet                      ○      ○      ○      ○
2. Choose the appropriate options based on the information in paragraph 1.

	The writer	The lady	Neither of them
(i) Who worked out in a gym?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(ii) Who had a workout buddy?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(iii) Who was speeding up?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(iv) Who gave up working out?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. Find a word in paragraph 2 which has a similar meaning to 'backup'. \_\_\_\_\_
4. Complete the problem-solving guide. Write a word or a phrase taken from paragraphs 2–4 in each blank below.

4 Look out for linking words.

Problem-solving guide for your workout plan		
Issue	Cause	Solution
'Heatstroke can kill!'	(i) _____	Work out indoors by (ii) _____
'It's either all or nothing!'	Engaging in heavy training despite lacking (iii) _____	Do a little bit of exercise by ... • (iv) _____ • doing the sport you are good at
'I had no triggers to pull.'	Different kinds of (v) _____	Place your (vi) _____ in a visible part of your home

5. According to paragraph 4, what are 'triggers'?
- \_\_\_\_\_
6. What does the writer imply in paragraph 5?
- A. A workout plan should be detailed.  
 B. A workout plan should be practical.  
 C. You should aim as high as possible.  
 D. A workout plan should consist of lessons or routines.
- A      B      C      D  
 ○      ○      ○      ○

Text 2



# The rise of fitness gurus

1 Fitness gurus refer to a new group of celebrity trainers. They are highly sought-after experts who provide guidance and training to followers.

2 Fitness instructors were traditionally expected to conduct fitness courses in gyms. However, a few years ago, gyms closed down in large numbers. Therefore, many of them have turned to online teaching for income.

3 Mia Brown, a middle-aged mother of three, is a self-proclaimed online fitness coach. She was overweight and unfit, but she has now managed to build a toned body with six visible abs. Mia has started a YouTube channel called Indoor Boot Camp. She tries to inspire her followers through her transformation.

4 Mia's followers root for each other within the fitness community and she keeps everyone motivated. Jolie Miller is one of them. Every time she works out, she feels empowered and awesome in the company of other members.

5 For people who are interested in physical fitness, the idea of becoming an influencer can be very appealing. Steve King has become a celebrity instructor after graduating from university. He now has endorsement deals from multiple sports brands. In other words, he has earned a substantial income and gained great influence.

6 Unfortunately, some 'fitfluencers' are not qualified to give fitness advice. They give followers false hopes of getting a quick fix—a hack to lose eight pounds in a week. Moreover, to attract more followers, some fake their stunning body transformations through editing ...

~230 words



## Looking into Grammar

We use the **simple past tense** to talk about completed actions in the past.

✓ ... gyms **closed down** (✗ were closing down) in large numbers. (a completed action)

We use the **past continuous tense** to illustrate ...

- **what was happening at a specific time:** e.g. I **was walking** home at 8 pm yesterday.
- **a longer action that was happening when a shorter one occurred:** e.g. I **was running** when I **hurt** my leg.
- **two actions that were happening over the same period of time:** e.g. I **was cycling** while Mum **was jogging**.

✓ I **was jogging** after dinner while it **was bucketing down**. (happening over the same period of time)

? In paragraph 3 of Text 1, circle the verbs in the simple past tense and underline the sentences using the past continuous tense.

Read Text 2 and answer questions 7–13. For multiple-choice questions, choose the best answer and blacken ONE circle only. (13 marks)

7. Who are 'Fitness gurus' (line 2)?

\_\_\_\_\_

8. According to paragraph 2, fitness instructors have started online courses because \_\_\_\_\_.

A. they believe in the traditional way to keep fit

B. they are tired of promoting classes in gyms

C. they find it hard to compete with gyms for customers

D. they need to find a new way to earn money

A      B      C      D  
○      ○      ○      ○

9. What does 'the fitness community' (line 12) refer to?

\_\_\_\_\_

10. Read paragraphs 3–4. Determine whether the following statements are **Given** or **Not Given**.

	Given	Not Given
(i) Mia's body shape changed after becoming a mother.	○	○
(ii) Mia helps her followers keep exercising.	○	○
(iii) Jolie has experienced a body transformation.	○	○

11. According to paragraph 5, why is becoming an influencer appealing to Steve King?

\_\_\_\_\_

12. Below are comments made by some of the people mentioned in the web article. Match each person with one comment. Use each letter ONCE only. Note that the speaker of one comment is not stated.

A. Mia Brown

B. Jolie Miller

C. Steve King

D. Not stated

(i) It's great to have exercise buddies online.

(ii) I'm proud of my education in physical fitness.

(iii) Keep moving! You can have a six-pack too!

(iv) I'm delighted to get paid to advertise.

13. Complete the table based on the information in paragraph 6.

Followers are misled because some gurus ...
• suggest (i) _____ solutions.
• use edited images to (ii) _____.

# Vocabulary

## GLOSSARY



A. Complete the article below with the given words. Make sure your answers are grammatically correct.

<b>Adjective:</b>	empowered	motivated	sought-after	
<b>Noun:</b>	challenge	excuse	stroll	transformation
	treadmill	weightlifting	workout	

## Establishing an Exercise Habit: Tips for Success

Staying fit and healthy is a widely discussed topic nowadays. We often come across news stories about overweight people who have undergone remarkable (1) \_\_\_\_\_ after committing to an exercise routine. Many people begin their (2) \_\_\_\_\_ plan with high hopes, but soon realise that it can be a / an (3) \_\_\_\_\_ to make exercise a part of their daily routine. Here are some effective ways to make exercising a habit.

### Get yourself a workout buddy

When you have someone to exercise with, you can stay (4) \_\_\_\_\_ by supporting and encouraging each other. Even when you come up with (5) \_\_\_\_\_, your companion can help keep you on track.

### Start with an easy routine

When you complete a training routine successfully, you will feel (6) \_\_\_\_\_ and confident to take on more challenging ones in the future. A simple (7) \_\_\_\_\_ in the park is a good starting point.

### Visit a gym regularly

A gym offers access to various workout equipment. Running on a / an (8) \_\_\_\_\_ is an effective cardio exercise, while (9) \_\_\_\_\_ can help build muscles. You can also sign up to work out with highly (10) \_\_\_\_\_ trainers at the gym. They can help you reach your fitness goals more efficiently.



B. Look at the pictures. Write the correct words in the spaces provided.

### Exercises for a full-body home workout

THEME



crunch

donkey kick

jumping jack

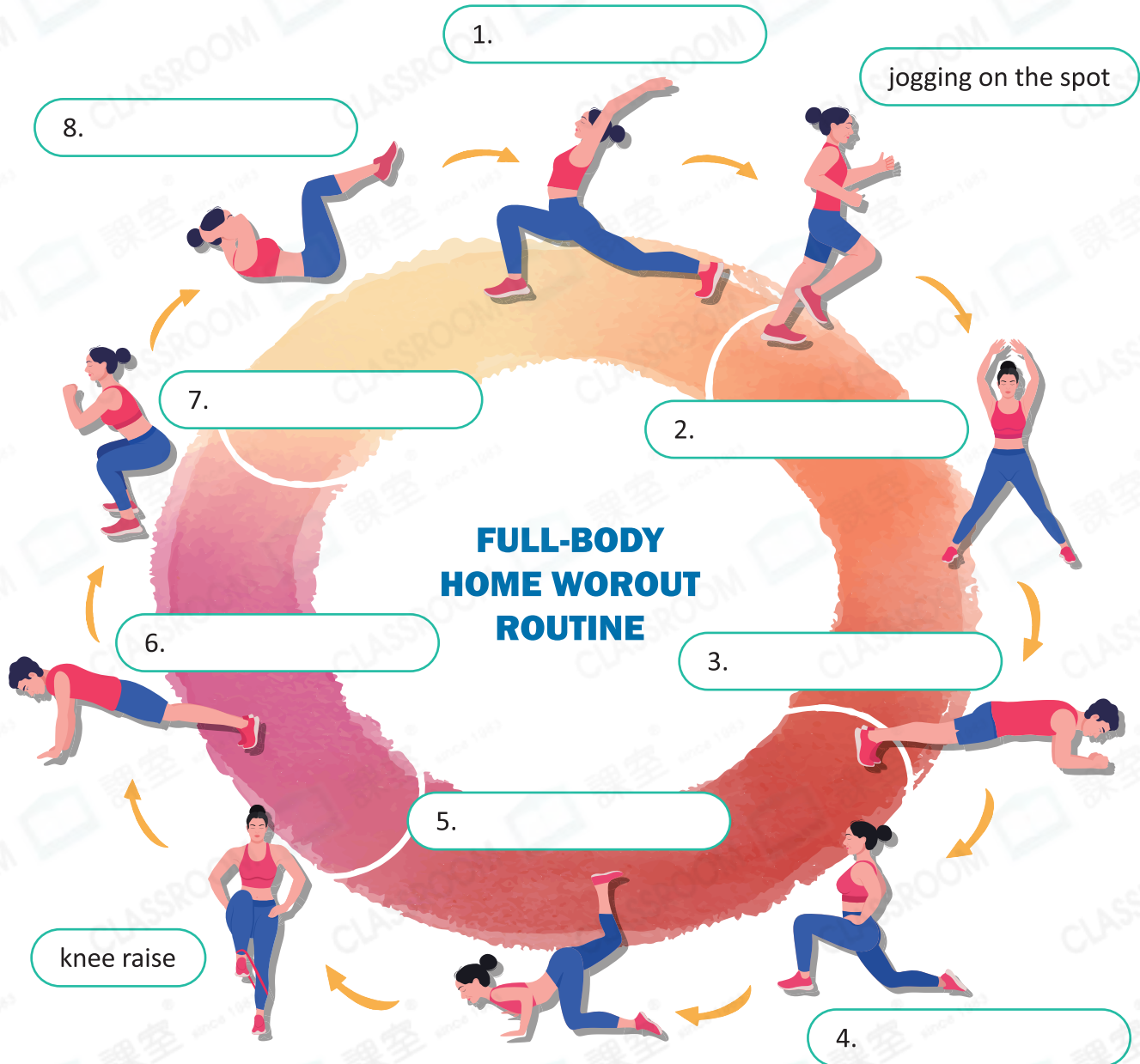
lunge

plank

push-up

squat

stretching



## Writing

### Exercising and physical fitness

Do you exercise regularly? What do you do for exercise? Write a blog entry about your exercise routine and the benefits of having an exercise routine in about 150 words.