

Lesson 2

1 Listen. Listen and repeat. TR: 7.5

2 Listen and read. TR: 7.6

active anxious brain depressed
memory mood self-confident

Exercise for your Body and your Mind

People between the ages of six and 17 need 60 minutes of exercise each day. Do you get that much exercise? How about changing your daily routine so that you do more? You must know that exercise is good for your body. The physical benefits include making you stronger and more energetic. But there are also many emotional benefits to exercising.

- **Exercise improves confidence.** When you exercise, you're doing something good for your body. If you're getting fit, chances are you'll feel good about yourself. This makes you happier and more **self-confident**.



- **Exercise helps stop you feeling depressed or anxious.** Doing exercise immediately improves your **mood**. Going for a run or a hike before a difficult task will make you less **anxious** about it. But, scientists are learning that exercise is great for people who feel **depressed** over a long period of time, too. Research shows that people who are less **active** are 75% more likely to suffer depression.
- **Exercise helps you sleep.** Studies show that people who exercise fall asleep more easily and wake up less during the night than people who don't exercise at all. For the best sleep, exercise about six hours before going to bed.
- **Exercise affects the chemicals in your body.** Exercise helps your body produce more of the chemicals that make you feel happy. It also produces chemicals that improve your ability to learn and your **memory**.
- **Exercise affects your mind.** Scientists have found that people think most creatively right after exercising. Additionally, researchers discovered that exercise actually helps your **brain** produce new cells. More brain cells? That can't be a bad thing!
- **Exercising with others is best.** Playing on a team or running with a friend is the best way of exercising. You feel like you belong when you're on a team. Being part of a group makes you feel more satisfied.

Guess what!

Astronauts living at the International Space Station do exercise for over two hours each day to keep their mood up and their bodies strong.

3 Write **C** (Correct), **I** (Incorrect) or **DS** (Doesn't say).

- 1 Exercising only once a week can help improve your mood.
- 2 People who are active are less likely to be depressed.
- 3 People who don't exercise often have memory problems.
- 4 It's best to exercise three hours before going to bed if you want to sleep well.
- 5 Exercising can help your brain produce more cells.
- 6 Exercising alone is better than exercising with others.

4 Complete the sentences with words from Activity 1.

- 1 Dana feels very _____ when she enters a competition. She knows she's trained hard.
- 2 Lee is _____ about his biology exam tomorrow. He hasn't studied.
- 3 Grandpa is worried about his _____ because he's always forgetting his keys.
- 4 The _____ controls everything that happens in our bodies.
- 5 After her cat disappeared, Leona became very _____.
- 6 Why are you in such a bad _____ today?
- 7 Rochelle is very _____. She exercises for at least two hours each day.