## A2 – Get fit, feel well

Hi. My name’s Katherine Stannett, and I’m one of the authors of *New Close-up*. In today’s video, I’m going to be talking about getting fit and feeling well.

What kind of exercise do you do? Do you go for walks? Do you go running or cycling? Maybe you play a team sport at the weekend, like football or basketball. Or perhaps you do a martial art, like karate or taekwondo.

We all need to make sure that we get enough exercise, but sometimes it can be difficult to stay motivated. However, we’re also lucky because there are so many different ways that we can keep fit today. A brisk walk – that means a fairly fast walk – is easy to do. You don’t need any special skills and you don’t have to have any expensive equipment.

We have two dogs at home, Lola and Stan. They have to go for a brisk walk every day. If they don’t go out, they get very bored. They don’t mind if it’s cold or raining, but sometimes I do!

If you really can’t leave your home, and even if you live in a very small flat, you can still exercise regularly.

There are lots of exercise videos online. You can just search for ‘exercise videos’ or ‘exercise videos no equipment’. Look for a video in English and then, while you’re following the instructions, you’re practising English at the same time. Remember that it’s really important to warm up before you start an exercise session and then to cool down at the end.

There are lots of other ways to keep active. For example, you could teach yourself how to dance. Search for ‘teach yourself to dance’ and you’ll find plenty of great tutorials. You could learn how to tap dance, for example, check out some hip hop moves or practise some ballet. The most important thing about the exercise you choose to do is that it has to be fun!

If you don’t enjoy it, you probably won’t keep doing it. So take some time to try out different things.

You can also download fitness apps and join online groups of people who are all doing the same activity as you. This is a great way to stay motivated.

Don’t worry if you’re not as fast or as fit as other people. There are lots of reasons why some people might be better at certain sports. It could be because of their body shape; it could be because they do a lot of sport at home with their parents or their brothers and sisters.

Look for a sport that really suits you and that you enjoy doing. Remember, getting fit isn’t a competition – it’s a way of looking after yourself. The most important thing is to exercise regularly. Exercising a little every day is more effective than exercising very hard once or twice a week.

You can work some extra exercise into your day without trying too hard. For example, is there a place that you walk to regularly? Time yourself on your walk. Then see if you can walk just a little bit faster to the same place next time. Do you regularly take a bus somewhere? Get off the bus one stop before your usual stop and walk the rest of the way.

Now, here’s a challenge for you. This week, look for one online video that can teach you some kind of physical activity you’ve never tried before. It should be something that you can do at home without any special equipment. Maybe yoga, or a martial art, or dance.

What am I going to do? Well, I’ve always wanted to learn how to stand on my head, so that’s what I’m going to try this week!

Thanks for watching!