

**Five reasons to work out – a címet írd le a füzetedbe**

**Fill in the gaps with the words given** – *great, reasons, honest, motivation, difficult.*

I’m sure we all know by now that exercise is \_\_\_\_\_\_\_\_\_\_\_ for you. But let’s be \_\_\_\_\_\_\_\_\_\_\_, sometimes finding that \_\_\_\_\_\_\_\_\_\_\_ f to work out can be a little \_\_\_\_\_\_\_\_\_\_\_ f. So, in this post, I am going to share my top five \_\_\_\_\_\_\_\_\_\_\_ for working out.

1. **Exercise can completely change your mood!**

**Fill in the gaps with the words given** – *spinning class, run, work out, endorphins, happiness.*

When you \_\_\_\_\_\_\_\_\_\_\_, your body produces \_\_\_\_\_\_\_\_\_\_\_, which will give you a rush of euphoria and \_\_\_\_\_\_\_\_\_\_\_. You will feel better after a workout than you did before it. Next time you’re having a bad day, try going for a fast-paced \_\_\_\_\_\_\_\_\_\_\_ or taking a \_\_\_\_\_\_\_\_\_\_\_, and the day won’t seem so bad after all.

*A fenti két bekezdést írd le a füzetedbe – idáig.*

1. **Exercising is sociable. Translate the underlined words (fordítsd le az aláhúzott szavakat).**

*A füzetedbe csak a lefordított szavakat írd le.*

Whenever I move to a new city to study or work, I look for exercise classes to do. You meet like-minded people, you can support each other during a difficult workout and you all share a collective feeling of euphoria when the class finishes!

1. **Exercise makes you feel confident. True or False? (Olvasd el az alábbi szöveget. Állapítsd meg, hogy az állítások igazak vagy hamisak).**

*A füzetedbe az állításokat írd le, és azt, hogy igaz vagy hamis.*

We all know the physical effects of exercise on our bodies but we don’t always talk about the mental effects. Exercise might give you a feeling of confidence from being comfortable with your body and appearance. This new confidence might even help in your social or work life.

1. *The effects of exercise can be physical or mental. \_\_\_\_\_*
2. *Exercise might not give you confidence. \_\_\_\_\_*
3. *Exercise can make you comfortable with your appearance. \_\_\_\_\_*
4. *It can help you only in your social life. \_\_\_\_\_*
5. **It helps to relieve stress. Match the halves of the sentences. Kösd össze a szétválasztott mondatokat.**
6. can help you forget the problems and stress of daily life, studies or work.
7. During exams, I always spend an ….
8. It makes me feel less anxious and ….

b. hour a day in the gym.

1. Focusing on lifting weights or going for a run ….

c. it also helps me to sleep those important eight hours the night before a big exam.

*A füzetedbe az összekötött mondatokat írd le.*

1. **Finally, exercise makes us feel strong, fit and healthy! Találd meg a szövegben és írd le a füzetedbe a következő szavakat angolul – súlyok, eredmény, kemény munka, sportcipő, izzadás.**

Every day, the 20 minutes on the treadmill get easier, the weights feel lighter and you feel a great sense of achievement. It's a great feeling doing something you couldn’t do before and knowing it’s a result of your hard work.

So, next time you’re feeling down, put your trainers on and get sweating. It might not be easy but I promise you will feel so much better once you have finished!

**Foglald össze saját szavaiddal a sportolás pozitív hatásait – 5-6 mondat elegendő, de kapcsolódjon az olvasott szöveghez.**