

Day 11

Work Out

Today's activity requires a bit of movement, but you can choose the right level for you, no matter what your level of fitness.

If you already exercise frequently, this is another great way to add English into your normal life.

Choose one of the videos from the 'Useful Resources' section, or search for your own workout video on YouTube.

I have included different levels of difficult. The easiest is the 'chair cardio' workouts I did when I broke my leg. None of the videos need any special equipment.

Alternative – Find your own short exercise video

Optional Extra – Write out any fitness goals you have and how you will try to achieve these.

Expert English – Read an article about fitness. I've included some website suggestions in the useful resources.

Useful Resources

10 Minute Chair Cardio

20 Minute Full Body Workout

Morning Routine - Stretching and Meditation

Work Out Notes

What exercise did you do?

New Vocabulary and Notes -