

**ENGLISH CONVERSATION CLASS
ADVANCED LEVEL
09/06/2025-13/06/2025**

TOPIC: Exercise myths

Watch the video and answer the questions:

<https://youtu.be/n6AwsVGJDOY?si=D4djuzKDLYuh0uux>

- 1. What is the main purpose of the speaker's book?**
 - A) To recommend the best types of exercise**
 - B) To promote modern fitness machines**
 - C) To explore myths about exercise through science and evolution**
 - D) To compare ancient and modern diets**
- 2. According to the speaker, what activity is most natural for humans?**
 - A) Running long distances**
 - B) Swimming regularly**
 - C) Weight lifting**
 - D) Walking**
- 3. What percentage of Americans meet the recommended minimum exercise levels?**
 - A) 50%**
 - B) 70%**
 - C) 80%**
 - D) 20%**
- 4. What is a common myth about running, according to the speaker?**
 - A) It causes weight gain**
 - B) It's only for young people**
 - C) It destroys your knees**
 - D) It should be done daily**
- 5. Why might people today get more injuries from running?**
 - A) They run too slowly**
 - B) They don't run enough**
 - C) They don't learn proper running techniques**
 - D) They only run on sand**
- 6. What is *sarcopenia*?**
 - A) A type of joint injury**
 - B) A condition of losing muscle mass with age**
 - C) A fear of physical activity**
 - D) A modern fitness method**
- 7. What does the speaker say about physical activity as we age?**
 - A) It should be reduced gradually**
 - B) It is less effective over time**
 - C) It is even more important to maintain health**

D) It causes more injuries in older adults