

**ENGLISH CONVERSATION CLASS  
INTERMEDIATE 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 speaker's main goal in writing a book?**
  - A) To give fitness instructions**
  - B) To explain healthy diets**
  - C) To correct common exercise myths**
  - D) To teach how to use machines**
  
- 2. What physical activity did humans evolve to do most?**
  - A) Swimming**
  - B) Walking**
  - C) Lifting weights**
  - D) Climbing**
  
- 3. How many steps did hunter-gatherers take every day?**
  - A) About 1,000**
  - B) About 3,000**
  - C) 10,000 to 15,000**
  - D) More than 20,000**
  
- 4. What is the minimum amount of weekly exercise recommended for adults?**
  - A) 75 minutes**
  - B) 100 minutes**
  - C) 120 minutes**
  - D) 150 minutes**
  
- 5. What is a myth many people believe about running?**
  - A) It is boring**
  - B) It makes you gain weight**
  - C) It hurts your knees**

**D) It is only for young people**

**6. Why do people often get running injuries today?**

**A) They don't rest enough**

**B) They don't know how to run correctly**

**C) They eat the wrong food**

**D) They don't wear enough clothes**

**7. What happens when older people stop exercising?**

**A) They get more energy**

**B) They become more social**

**C) They become weaker and less active**

**D) They sleep better**