

Aula 4
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 Data:
 Turma:

How often do you exercise?

12 READING

Smart Moves



Look at the statements in part A below. Which do you think are true?

It won't surprise fitness freaks to learn that aerobic exercise does more than raise the heart rate: It lifts the spirit and builds confidence. But many brain researchers believe that something else happens, too. Just as exercise makes the bones, muscles, heart, and lungs stronger, researchers think that it also strengthens important parts of the brain.

Research suggests that aerobic exercise helps you learn new things and remember old information better. Aerobic exercise sends more blood to the brain and it also feeds the brain with substances that develop new nerve connections. If the exercise has complicated movements like dance steps or basketball moves, the brain produces even more nerve connections – the more connections, the better the brain can process all kinds of information.

Scientists still don't fully understand the relationship between exercise and brain power. For the moment, people just have to trust that exercise is helping them to learn or remember. Scientific research clearly shows, however, that three or more workouts a week are good for you. A study in the *Journal of the American Medical Association*, for example, shows that walking four to five miles (6.5 to 8 km) an hour for 45 minutes five times a week helps you live longer. So don't be a couch potato. Get out there and do something!

A Pair work According to the article, which of these statements are probably true? Check (✓) the statements. What information helped you determine this? Underline the information in the article.

Exercise . . .

1. makes you feel happier.	<input type="checkbox"/>	5. can help you learn things better.	<input type="checkbox"/>
2. makes you feel more self-confident.	<input type="checkbox"/>	6. helps you remember things better.	<input type="checkbox"/>
3. strengthens the body.	<input type="checkbox"/>	7. gives you better eyesight.	<input type="checkbox"/>
4. can increase your height.	<input type="checkbox"/>	8. helps you live longer.	<input type="checkbox"/>

B Pair work Talk about these questions. Explain your answers.

- Do you think that exercise helps people to learn and remember better?
- Can you think of other benefits from exercise?
- What benefits are most important to you?

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