

## No 11 Cold weather

What do you think of these forms of exercise? How good are they for us? Complete this table with your partner(s).

	What I Think	How Good They Are
Jogging		
Swimming		
Weight training		
Cycling		
Dancing		
Walking		

**COLD WEATHER:** Rank these with your partner. Put the best things to do in the cold weather at the top.

Go jogging   Sleep   Go hiking   Go shopping   Watch a movie  
Study English   Do hobbies   Insulate your home

What do you think about what you read?

How much exercise do you get?

What does exercise do to stress?

Do you prefer exercising in winter or summer?

How can you boost your endurance?

What kinds of exercise would you like to do?

How does exercise make you feel?

Is it better to control calories by exercising or dieting?

Would you prefer to live close to or far from the equator?