

Transcription:

Amy: Hey, this is Amy from Real English Conversations. And in today's conversation, we're going to be talking all about exercise. And of course, for the English tip, we have some expressions that we use related to exercise and losing weight.

Curtis: Hi everybody. It's Curtis and Amy here from Real English Conversations. And today we're going to talk all about exercise.

Amy: Yeah. So I think that there's definitely two different types of people. And I guess the mindset when we talk about exercise. There's people that really enjoy doing exercise, and they do it for almost like entertainment at the same time. And then there's another group of people that, um, maybe they're a little bit lazier, or they don't like to do exercise.

Curtis: Yeah.

Amy: Or they just have a hard time getting going on it. So... What are we like?

Curtis: uh, we are kind of like the people that have a hard time getting going on it. Like we like exercise, and we'll go out for bike rides and stuff like that and, uh, but it's the getting going part that's a little bit difficult for us.

Amy: Okay, so what are some of the things that we tell ourselves that, you know...you know, like...I guess it depends if you're really focused on...on exercise, and it's a big priority to you in...in your life, you're going to make time for exercise. So what are some of the reasons why we don't get around to exercising every single day?

Curtis: We tend to make excuses, like, uh, we've really got to work, or I've...I've really got to study Spanish.

Amy: Um-hum. Like we either have our responsibilities at our other job, which is a delivery driving job. Or we're working on the project, or we're studying.

Curtis: Yeah.

Amy: And it seems that exercise doesn't have as high of a priority as these other responsibilities in our life.

Curtis: Right.

Amy: However, that has an effect on your health. What can happen if you don't exercise? Or maybe what are some of the...the physical benefits to your body of exercising on a regular basis?

Curtis: Exercising on a regular basis can help you lose weight.

Amy: Um-hum. If you have weight to lose.

Curtis: If you have weight to lose, it can improve your blood flow.

Amy: Your circulation.

Curtis: Your circulation.

Amy: Prevent heart attacks.

Curtis: Yes.

Amy: And strokes.

Curtis: Yeah. And it can have positive results as well from giving you more energy throughout your day.

Amy: Does it have any impact on your thinking?

Curtis: It can affect your moods and put you in a better mood. I know after going a bike ride I always feel ready for my day. Mentally alert. And energized.

Amy: Yeah, that's true. I actually read an article that said exercising on a regular basis can help to learn better.

Curtis: Ah...

Amy: That's because it's just so much better for your mind. So what are, I guess, the culture of exercise. Not us specifically. But what are some of the...the things that people typically do to make sure that they're exercising, you know, three or four days a week so that they can maintain their body and be in good shape?

Curtis: They put a regular routine together, and even go to the gym. Some people have personal trainers, uh, to organize their program for them, right? So they'll go through different...

Amy: Do you have to have a gym membership to be in good shape, though?

Curtis: No.

Amy: So what are some of the other activities that people do in their day to day life?

Curtis: They...they'll go play sports. Some people involve themselves in...in sports teams and stuff like that.

Amy: Yeah, like they might play soccer, you know. A friend of mine, she plays hockey in the winter. And she plays soccer in the summertime.

Curtis: Yeah.

Amy: And I don't think that she goes to the gym. But she's in pretty good shape.

Curtis: Yeah. And you do a few things, like snowboarding is a form of exercise, right?

Amy: Yeah, definitely. Um, so for me in the wintertime, being in Canada, you know, it's not very pleasant being outside for running, maybe, or spending large amounts of time outside, so I've turned to winter recreation sports such as snowboarding, to be able to get me out of the house...

Curtis: Yeah.

Amy: ...in the wintertime, and it's actually a sport that I really, really enjoy doing. But some of the other recreational sports that people do in the winter, um, maybe cross-country skiing, or snowshoeing is something that you can do. I mean, you can still walk outside, but...

Curtis: Yeah.

Amy: ...I find it's just kind of cold on your legs. It's not as comfortable as when you're exercising in the summer.

Curtis: Yeah, some people find indoor things to do like going to a local swimming pool, and swimming laps for exercise.

Amy: Yeah. That's something that you can do year-round for sure. Um, sometimes there's indoor, you know, basketball courts or tennis courts, or things like that, where...where you can still participate in team sports, but in an indoor space instead of relying on the climate. Now I think here in Canada, there's been this effort to try to, I don't know, instill the drive to do exercise on a regular basis since school, like elementary school.

Curtis: Yeah.

Amy: We had a specific class, physical education, or PE.

Curtis: Yeah.

Amy: Right? I think it might be called something else in the United States, but in Canada we say physical education.

Curtis: Yeah.

Amy: And what was your experience growing up? Did you like that class?

Curtis: Uh, I...I dreaded it.

Amy: Me, too.

Curtis: Uh, I didn't like phys. ed. at all.

Amy: Oh, phys. ed. Right.

Curtis: Phys. ed.

Amy: Yeah.

Curtis: Or PE.

Amy: Yeah. Because phys. ed. is like physical, you're just saying phys, and then education, you're using the ed. So phys. ed. Yeah. Um, it's kind of interesting because what they try to do is they have a whole bunch of different types of activities that they make the students do throughout the year. So they might have a...a month where you're practising basketball and then they'll do dance classes...

Curtis: Yeah.

Amy: ...and then when it's nice outside, they'll do track and field, or make you run laps around the track, and things like that.

Curtis: I even had baseball, ah, volleyball, that...those kind of activities in...in phys. ed. too.

Amy: And it's definitely a class where you can see the people that really, really enjoy exercise. Those people definitely perform really well.

Curtis: Yeah.

Amy: Do we have a name for those people?

Curtis: We called them the jocks.

Amy: Yeah. The jocks. So these are the people that are just naturally athletic, you know, they're the best person in basketball, they're the best, you know, the fastest runner, whatever.

Curtis: They excel at all of these sports.

Amy: All of these sports. And it...I...it might even be that the system...of the physical education system, how it allows those people to exceed and makes the other people that don't enjoy exercise, it actually makes them hate it.

Curtis: Yes.

Amy: But I know my mentality when...when I was in high school, and I was in that sort of situation where I had to do these types of activities, whether I liked them or not. For me personally, I'm a very, very academic person. And I took a lot of pride in having very, very high grades.

Curtis: Yes.

Amy: In all of my subjects. And, I mean, believe it or not, ever since grade four, when they started giving you grades, you know, A, B, C, fail.

Curtis: Yeah.

Amy: Um, I have only had A's and B's. I've never had a C in my life.

Curtis: Oh, okay.

Amy: So you can imagine my effort in gym class, even though I hated it, had to be very high in order to maintain at least a B.

Curtis: Yeah, right.

Amy: Yeah.

Curtis: Yeah, because you don't want to fail any class, really.

Amy: No. I don't want to fail any class, and I am not going to take a C as a grade in a class just because I hate it and I'm not trying. So, anyway, I did try to...to do well, and, you know, I guess, I wasn't a natural athlete, so I was never rewarded with an A, despite the amount of effort I was putting in.

Curtis: Yeah. I...for the class, especially for me in high school. I was the last picked for, you know, when they put teams together? I would be the last picked because I wasn't the fastest, I...I didn't enjoy...

Amy: Oh, I know. Me too. And...and it's just unfortunate. I wish there was a way that the education system could really try to...try to find the activities that maybe the less athletic people can enjoy, instead of feeling like, you know, you're a **loser**⁷. Or...

Curtis: Yeah.

Amy: ...why should I even try, I'm so horrible at this. So, um, but it's the same discussion I think, and related to the conversation we had about languages.

Curtis: Yes.

Amy: I think episode number 14, Languages in the Classroom, because, you know, the academic system, they unfortunately have to choose a way to grade you. And they have to develop a course which they can run every single student through, and it can't be focused on the best or worst. It has to kind of be for the majority of the people.

Curtis: Of the people that are in that class.

Amy: Yeah. So do you think if you had a better experience in high school, maybe, you know, they put together a baseball team for...

Curtis: Yeah.

Amy: ...all of the people that kind of sucked at baseball. And all of those people that sucked at baseball could just kind of have fun doing that activity instead of being compared and having to work specifically with all of the people that were the most athletic in the group.

Curtis: Yeah.

Amy: Do you think it would create a more positive experience and maybe caused you to have more of an excitement to do exercise as an activity as an adult?

Curtis: Yeah, because you're all on the same level.

Amy: Yeah.

Curtis: You know, you're all created, or all equal in that...

Amy: Yeah. Or more so what I'm trying to say is do you think that it would have been a more positive experience and that positivity related to exercise would influence you to do it a little bit easier as an adult, instead of, you know, Curtis, we really should go on a bike ride.

Curtis: Yeah, it would be more of an immediate impulse of, we should go for a bike ride.

Amy: We should go for a bike ride. That sounds fun.

Curtis: Yeah. Because I think if it's done that way, then obviously it sets your future up for not hesitating on...on doing exercise. You're...you're actually going to want to do it.

Amy: Um-hum. And I've found this sort of desire to exercise in a few different sports. So I look to going snowboarding and I don't actually think about it as exercise, even though I'm out there for six hours at a time.

Curtis: Um-hum.

Amy: Um, the same thing for wake surfing, which is like surfing behind a boat. I really, really enjoy that. And something that I've discovered within the last six or seven months is actually that I enjoy dancing.

Curtis: Oh, dancing. Yeah. We've been having a lot of fun with that. We've been Salsa dancing, and...

Amy: We're preparing for our trip, we want to fit in. But, no, it's...it's really good, because it's good exercise, and it's fun, and before you know it, an entire hour has passed. And, you know, you've done a fair amount of exercise. You're sweating a little bit and it's...it's a more positive experience.

Curtis: So doing something that is fun is to be motivated to...to get you to do it.

Amy: Yeah. So, I don't know. Maybe there's other people that have a different opinion about how you can be motivated to exercise, but we'd love to hear your comments and tips and suggestions to try to get us moving. So you can come to our website and do that. And we've got the Real English tip coming up.

Real English Conversational Tip

Amy: Okay. So in today's English tip, we thought we'd keep it related to the theme of exercise, and a lot of people that do exercise are doing it because they're trying to lose weight.

Curtis: Yeah.

Amy: So what are the common ways people talk about losing weight?

Curtis: That they want to go on a diet.

Amy: Which, of course, is related to eating...

Curtis: Right.

Amy: ...more than exercising, but they want to...yeah, I'm going to go on a diet, I'm going to lose some weight.

Curtis: And I've got a few pounds to shed.

Amy: Yeah. I..I've got a bit of a belly, I'd like to get rid of it.

Curtis: Um-hum.

Amy: Um, I'm ready to get into better shape.

Curtis: Yeah. I want to be fit.

Amy: Um-hum. And what about when people are talking specifically about their muscles?

Curtis: Ah, okay.

Amy: They want to get ripped. Or they want to have, um, like a nice stomach, what do they say?

Curtis: I want a six-pack.

Amy: Yeah.

Curtis: Yeah. Um, or I want to bulk up.

Amy: Oh, yeah. Bulk up is like not to get fat. That would be a really good way of saying, oh, I've bulked up a little bit over the winter. No, when you say bulk up, it means build muscle.

Curtis: Um-hum.

Amy: So if you're kind of like a scrawny person, and you're wanting to be a bit of a bigger guy, you're going to say that you want to bulk up.

Curtis: So we've been talking about having some, ah, one-on-one speaking conversations with some of you guys.

Amy: Sounded like you need a speaking conversation. That took you a long time to say that.

Curtis: Yeah, I want some people to come talk to me, so I can practise my conversational skills too.

Amy: Because Curtis needs to practise English. Okay. No, we've been thinking that there might be some people out there, some of the people listening to this podcast, or these episodes on our website, that are interested in having private conversational lessons with us.

Curtis: Yeah.

Amy: But we're not really sure. So we're wondering if anybody would be interested in having this type of lesson with us.

Curtis: Um-hum.

Amy: If they could maybe come to our website and send us an email at contact@realenglishconversations.com.

Curtis: Yeah.

Amy: And just let us know that, you know, if we start offering conversational classes or private conversation lessons that you'd be interested in joining.

Curtis: Um-hum. Maybe you're listening to this podcast in the future and we've already got this thing on the go.

Amy: Yeah, you're going to be able to find it at our...our website as well. So we'll see you guys there.

Curtis: See ya.