

## Cold weather exercise burns more calories

29th February 2024



Everybody knows that exercise is essential to keep us healthy. It lowers the risk of heart disease, and helps us to maintain a healthy weight. It also reduces stress and makes us happier. Doctors say that exercising in cold weather is even better for us. Going for a jog or even a swim when it's chilly or freezing outside has extra benefits for our physical and mental health. The reason for this is that the cold gives our heart a more energetic workout. Dr Angela Pepdjonovic, from the Hospital for Special Surgery in New York, explained why. She said: "Your heart has to work a little bit harder to pump blood around your body...in the cold. This can help to boost your endurance over time."

Dr Pepdjonovic said cold-weather workouts can help the body burn calories at a faster rate. She said: "As your body is required to work harder, to maintain its core temperature, you actually increase your calorie burn by exercising in the cold." Physical activity in cold temperatures can boost our metabolism, which helps us lose weight. In the cold, our metabolism slows down, so we can preserve fat and keep warm. Another benefit is that being in natural light helps to reduce our stress. This is especially so for people who suffer from Seasonal Affective Disorder (S.A.D.). This is a type of depression caused by the shorter, darker days of winter. It is more common in people who live far from the equator.

Sources: [huffpost.com](https://huffpost.com) / [msn.com](https://msn.com) / [healthday.com](https://healthday.com)

### Writing

We should all exercise in the cold weather. Discuss.

### Chat

Talk about these words from the article.

everybody / exercise / heart disease / weight / stress / cold weather / jog / blood / workouts / calories / temperature / metabolism / benefit / natural light / the equator

### True / False

- 1) The article says most of us know that exercise is good for our health. T / F
- 2) A doctor said going for a swim in cold weather is bad for us. T / F
- 3) Exercising in cold weather is good for our mental health. T / F
- 4) Exercising in cold weather can boost our endurance. T / F
- 5) Cold weather means we burn calories at a slower rate. T / F
- 6) Boosting our metabolism makes us put on weight. T / F
- 7) The article said being in natural light makes us less stressed. T / F
- 8) More people with S.A.D. live near the equator. T / F

### Synonym Match

(The words in **bold** are from the news article.)

- |                     |                     |
|---------------------|---------------------|
| 1. <b>essential</b> | a. increase         |
| 2. <b>lowers</b>    | b. cold             |
| 3. <b>chilly</b>    | c. exercise session |
| 4. <b>workout</b>   | d. kind             |
| 5. <b>endurance</b> | e. use up           |
| 6. <b>burn</b>      | f. necessary        |
| 7. <b>boost</b>     | g. stamina          |
| 8. <b>preserve</b>  | h. a long way       |
| 9. <b>type</b>      | i. reduces          |
| 10. <b>far</b>      | j. conserve         |

### Discussion – Student A

- a) What do you think about what you read?
- b) What kinds of exercise would you like to do?
- c) How does exercise make you feel?
- d) Is it better to control calories by exercising or dieting?
- e) What do you know about the metabolism?
- f) What do you think of shorter, darker days?
- g) Would you prefer to live close to or far from the equator?
- h) What questions would you like to ask the doctor?

## Phrase Match

- exercise is essential
- It lowers the
- when it's chilly
- work a little bit harder to pump
- This can help to boost your
- increase your calorie burn by
- we can preserve fat and keep
- being in natural light helps
- depression caused by the shorter,
- more common in people who
- or freezing outside
- exercising in the cold
- endurance over time
- risk of heart disease
- to reduce our stress
- live far from the equator
- darker days of winter
- to keep us healthy
- warm
- blood around your body

## Discussion – Student B

- How much exercise do you get?
- How essential is exercise to keep us healthy?
- What does exercise do to stress?
- Do you prefer exercising in winter or summer?
- What do you think of swimming in cold weather?
- What do you do to look after your heart?
- How often do you think about calories?
- How can you boost your endurance?

## Spelling

- exercise is stesnaeil
- tanmiina a healthy weight
- a swim when it's illchy
- extra stnebife
- our alyhipcs and mental health
- boost your naerenucd over time
- help the body burn cleoairs
- core eemprrtutae
- boost our abiemstlmo
- ueredc our stress
- This is a type of snoripeesd
- people who live far from the qteoura

### Answers – Synonym Match

1. f	2. i	3. b	4. c	5. g
6. e	7. a	8. j	9. d	10. h

## Role Play

### Role A – Go Jogging

You think going jogging is the best thing to do in the cold weather. Tell the others three reasons why. Tell them what is wrong with their activities. Also, tell the others which is the worst of these (and why): sleeping, shopping or studying English.

### Role B – Sleep

You think sleeping is the best thing to do in the cold weather. Tell the others three reasons why. Tell them what is wrong with their activities. Also, tell the others which is the worst of these (and why): jogging, shopping or studying English.

### Role C – Go Shopping

You think going shopping is the best thing to do in the cold weather. Tell the others three reasons why. Tell them what is wrong with their activities. Also, tell the others which is the worst of these (and why): sleeping, jogging or studying English.

### Role D – Study English

You think studying English is the best thing to do in the cold weather. Tell the others three reasons why. Tell them what is wrong with their activities. Also, tell the others which is the worst of these (and why): sleeping, shopping or jogging.

## Speaking – Cold Weather

Rank these with your partner. Put the best things to do in the cold weather at the top. Change partners often and share your rankings.

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

### Answers – True False

1	F	2	F	3	T	4	T	5	F	6	F	7	T	8	F
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Answers to Phrase Match and Spelling are in the text.