**PHYSICAL ACTIVITY – FOR OR AGAINST**



# Read and translate the text and decide whether the statements below are TRUE or FALSE. Correct the FALSE statements.

 Regular physical activity, fitness, and exercise are extremely important for health and well being of people of all ages. They have beneficial effects on most (if not all) organ systems, and consequently they help to prevent a broad range of health problems and diseases. People of all ages, both male and female, take substantial health benefits from physical activity. There are various types of exercises with different levels of intensity: some improve flexibility, some build muscular strength and some increase endurance. All of them bring lots of benefits, such as: reducing the risk of developing heart diseases (coronary artery disease), obesity, diabetes, stroke, high blood pressure, colon and breast cancer, helping to build and maintain healthy bones, joints, and muscles, helping to maintain a healthy weight, reducing feelings of depression and anxiety, improving mood, and promoting psychological well-being.

 Weight-bearing physical activity is essential for normal skeletal development during childhood and adolescence and for achieving and maintaining peak bone mass in young adults. Muscle-strengthening exercises appear to protect against falling and fractures among the elderly (probably by increasing muscle strength and balance), and may protect against the rapid decline in bone mass among post-menopausal women. In addition, such exercises may be beneficial for many people with arthritis.

Besides, regular physical activity can help to improve the lives of young people be- yond its effects on physical health. Studies have found that participation in physical activity increases adolescents’ self-esteem, reduces anxiety and stress and thus has significantly favourable effects on their academic achievements.

 Despite these well-known benefits of physical activity, most adults and many children lead a relatively sedentary lifestyle and are not active enough to achieve these health benefits. A sedentary lifestyle is defined as engaging in no leisure time physical activity (exercises, sports, physically active hobbies) in a two week period. However, being physically active helps to avoid the costs related to sedentary lifestyle: health care costs for preventive, diagnostic, and treatment services related to chronic conditions mentioned above, and the costs associated with the value of lost salary by people unable to work because of illness and disability. Since regular physical activity helps prevent disease and promote health, it may actually decrease health care costs. Because physical inactivity is a risk factor for many diseases and conditions, making physical activity an integral part of daily life is crucial. Physical activities need not be strenuous to be beneficial. People of all ages benefit from moderate physical activity, such as 30 minutes of walking five or more times a week. But don't overdo it. Too much exercise can give you sore muscles and increase the risk of injury.

1. Only the skeletal system benefits from physical exercises.
2. Physical activity is good for everyone, regardless their age.
3. Physical activity increases the risk of heart diseases.
4. Physical activity has no good effect on people’s mental health.
5. Elderly people should never engage in muscle-strengthening exercises.
6. Regular physical activity is not connected with academic performance.
7. Sedentary lifestyle is common only among adults.
8. Sedentary lifestyle helps to save money since you avoid e.g. sports injuries.
9. Physical exercises need not be very hard to be effective.