



SpeakEnglishPodcast.com

The **Podcast** That Will Help You **Speak** English Fluently.
With No Grammar and No Textbooks!

Episode #018

The Benefits of Listening
to English while Exercising

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Hi, everybody! I am Georgiana, your English teacher and founder of SpeakEnglishPodcast.com. My mission is to help you speak English fluently.

Let's talk about the importance of **moving and studying English**.

•Later, we'll practice grammar with a point of view story.

Let's get started!

Let me ask you a question. Imagine a **person learning English**. He or she is preparing to study a new lesson.

How do you picture the scene? Perhaps this person's sitting at home or in a quiet library with an open textbook, a dictionary, and a notebook. Maybe this person has been sitting for hours, almost motionless, trying to learn and memorize the content.

At least that's the typical image that pops into my mind whenever I imagine an English student following the traditional method.

Now let's visualize a different scene. Imagine someone walking around. Their whole body's moving. The feet transmit movement to the legs and to the entire body. The arms are swinging slightly, and the brain receives more oxygen. You can't be too lethargic when you walk, can you?

For me, **this second state is the perfect one for learning**. The **brain is more awake**, and it can acquire new knowledge faster.

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And there's no need to carry around any textbooks, notebooks, dictionaries, pencils, etc. That wouldn't be practical at all while you're walking. And people might start pointing you on the street as if you were some lunatic.

There's a much more efficient way to learn English.

You can now **improve your English considerably by listening** to interesting audios!

There's no need to sit in a chair and listen to my podcast or my **premium courses**. The only thing you need is your **cell phone** and some **headphones**. Start taking a nice walk every day and improve your English skills at the same time.

In fact, mini-story lessons are designed in such a manner so that you can **simulate a conversation in English** wherever you can and whenever you get some spare time.

You'll learn English faster than ever, and you'll get in great shape too! You can't ask for more, can you?

Still not convinced?? Let me tell you about famous people who did remarkable things while they were talking a walk:

Aristotle, the famous Greek philosopher, instructed his students while strolling.

His students were called peripatetics, which means walking about in Greek.

Charles Dickens got to know London while he was walking every day for five hours. These walks also helped the author relieve anxiety.

Beethoven, famous composer
Regardless of the weather enjoyed taking long walks. These walks were essential for his creativity. He would always carry a pen and sheets of music paper.

Sigmund Freud: sometimes treated his patients during long walks.

Nietzsche considered walking a necessary pre-condition for his writing. Every day, he would set off on a two-hour walk with his notebook.

Einstein often felt like he needed to take a long walk on the beach to work out complex problems in his head.

Steve Jobs was famous for his long walks, which he used for exercise, contemplation, problem solving, and even meetings. Jobs found that his meetings away from the office helped him concentrate on the meeting and nothing else.

Now that you've got inspired by all these great men, **start learning English** while doing something positive for your health.

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POV-Story

(Improve your grammar)

Ok! Let's practice some grammar with the Point of View Technique. You'll learn grammar intuitively, without boring exercises or memorizing rules.

I'll tell you a short story more than one time. Every time, I'll change a grammar point. You just need to listen, and recognize the changes.

Ok, let's start:

PAST:

The story happened in the past:

Mia was an excellent English student. She didn't learn alone, but with her friend Carol. They both studied English together. They met every Thursday afternoon at the library. They were there for five hours. They studied in silence, and 7 out of 10 times, they fell asleep. They were always sitting for too long in the same position. One day Carol had an idea. She suggested that in order not to fall asleep, they could take a walk and study at the same time. Mia thought it was an excellent idea. So, when they met again, they were carrying their books, notebooks, and pencils. However, they realized that it wasn't such a great idea after all.

One day, Mia found the Speak English Now Podcast. The podcast had a different approach. They just needed to listen to the weekly episodes. It was so much easier for them to walk and learn English by listening to the podcast.

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They were learning much faster, had a better time learning English, and lost a lot of weight.

CONDITIONAL

Now imagine the situation as something hypothetical.

If I wrote a story about two students, it would be Mia and Carol.

Mia would be an excellent English student. She wouldn't learn alone, but with her friend Carol. They would both study English together. They would meet every Thursday afternoon at the library. They would be there for five hours. They would study in silence, and 7 out of 10 times, they would fall asleep. They would always sit for too long in the same position. One day Carol would have an idea. She would suggest to her friend that, in order not to fall asleep, they could walk and study at the same time. Mia would think it would be a good idea. So, when they would meet, they would carry their books, notebooks and pencils. However, they would realize that it wouldn't be such a great idea after all.

One day, Mia would find the Speak English Now podcast.

The podcast would have a different approach. They would just need to listen to the weekly episodes. It would be so much easier for the two friends to walk and learn English by listening to the podcast. They would learn much faster, would have a better time, and lose a lot of weight.

Ok, this is the end of this short lesson.

You see, just by changing a point of view of the story, you can learn grammar intuitively. My

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recommendation: Listen to the Point of View many times. It'll help a lot.

This is one of the techniques that I use in my courses. I recommend you to take a look at:

[SpeakEnglishpodcast.com/courses](https://speakenglishpodcast.com/courses)

Ok! It's the end of this episode. Remember to listen to it several times. It will help you with your English.

You can get the text of this episode at:

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