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Episode #271

Healthy lifestyle -EXERCISE -

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Today, let's discuss **exercise** and its **benefits** for **health**. Also, with a story, you will practice and improve your grammar in context.

Hi, everyone! I'm Georgiana, your English teacher, and I'm here to help you speak English fluently with no grammar and no textbooks. And if you want to help me, it's very simple! **Share** the podcast with your friends and family.

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Great! Let's start!

Better Physical Health: Exercising isn't just about looking good; it's about feeling great, too! Regular **exercise** helps us maintain a healthy weight and reduces the risk of diseases. Plus, it keeps our muscles and bones strong and our hearts and lungs in great shape.

Mental Health and Stress Relief: Exercise is like a magical mood booster. It releases those happy chemicals in our brains, helping us manage stress, anxiety, and those occasional low days. And guess what? It makes our minds sharper and our sleep more peaceful.

More Energy: Isn't it funny how working out can give you more energy? It gets your blood pumping and your body awake and alert.

Better Sleep: Good sleep helps our health a lot. And regular **exercise** is always a good friend. When we sleep well, our bodies fix themselves and get ready for another great day.

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Living Longer: Science says that those who **exercise** regularly tend to live longer, healthier lives. Who doesn't want that?

Find Fun Activities: The best **exercise** is the one you enjoy. Whether dancing alone, walking in nature, swimming in the pool, or playing a sport, choose what makes you happy.

Start Slow: If you're just starting, take it easy. Think of it like a journey; you'll get there step by step.

Make a Schedule: Let's treat exercise like a date with ourselves. Set a time and stick to it, making it a non-negotiable part of your day.

Change It Up: Mixing different exercises is good and helps our bodies. Do some breath-focused workouts and muscle-building exercises, and remember to stretch too.

Set Goals: Goals make trying harder fun. It can be running more, lifting a certain weight, or walking more every day.

Eat Well and Stay Hydrated: Nourishing our bodies with good food and enough water is key. It helps us stay strong and recover faster.

Listen to Your Body: Our bodies are like our best friends. Listen to them. If something feels wrong or hurts, take a break and talk to a health doctor.

So there you have it, my friend! Doing **exercise** often is a special tool for a healthy, happy life. Find fun activities, do them regularly, set fun goals, and remember, you're moving towards a better you. It's always a good time to start. Let's go on this health journey together!

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Great! That's all for now! I hope you found this topic helpful.

Let's continue with a Point-of-View Lesson.

POV-Story

(Learn grammar in context)

I will tell you the same story twice. So make sure to focus on the changes.

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Okay! Let's start!

In a small town, there was a man named Bob. He didn't exercise much; he mostly sat and watched TV while eating snacks. But one day, he thought it was time for a change. He had to start exercising.

He didn't know much about exercise, so he asked his friend, Jenny, for help. She liked to do exercises and run.

On the first day, Jenny came to Bob's house, and she was wearing exercise clothes. She said,

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"Let's start with easy stretches." She tried to help Bob get started.

Bob's stretches were more like him trying to reach the remote control on the other side of the couch. Jenny couldn't help but giggle.

The next day, Jenny wanted Bob to try some jumping rope but Bob got all tangled up like spaghetti and fell. People passing by laughed.

Bob's exercise journey was full of funny moments as the weeks passed. And surprisingly, he started enjoying exercise. Bob looked forward to each session with Jenny.

Finally, they did a fun run together. When they finished, they felt proud. Bob went from not doing exercise to being active. It was inspiring. As they celebrated, a fancy person came up to them. He said he was looking for funny people for a TV show. He asked Bob if he wanted to be on "The Comedy Workout Challenge," where people make exercise funny.

Bob and Jenny were surprised and looked at each other. Who knew that trying to get fit would lead to this?

After a short pause, Bob said, "Let's do it!" Bob didn't know that this would change his life. He became famous for making people laugh while exercising.

Let's listen to the story one more time from Bob's viewpoint:

Hi, I'm Bob, and in the future I won't exercise much; I will mostly sit and watch TV while eating snacks. But one day, I will think it's time for a change. I will need to start exercising.

I will ask my friend, Jenny, for help, because she will be into exercises and running.

On the first day, Jenny will come to my house, wearing exercise clothes. We will start with easy stretches. She will try to help me get started.

My attempts at stretching will be more like trying to reach the remote control on the other side of the couch. Jenny won't help but giggle.

The next day, she will want me to try some jumping rope, but I will get all tangled up like spaghetti and fall. People passing by will laugh. My exercise journey will be filled with funny moments as the weeks pass.

And surprisingly, I will start enjoying exercise. I will look forward to each session with Jenny. Finally, Jenny and I will do a fun run together. When we finish, we will feel proud. I will have gone from not doing exercise to being active. It will be inspiring.

As we celebrate, a fancy person will approach us. He will say he is looking for funny people for a TV show. He will ask me if I want to be on "The Comedy Workout Challenge," where people make exercise funny.

We will be surprised and look at each other. Who will know that trying to get fit would lead to this?

After a short pause, I will say, "Let's do it!"

Little will I know that this will change my life. I will become famous for making people laugh while exercising.

Great! I like these kinds of stories because they're easy to remember and help a lot with learning English. Humor also makes learning more enjoyable. You can find this method in my [premium courses](#)—take a look!

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Also, if you want to help me, share the podcast with your friends and family. That would mean a lot. Thanks.

See you soon!

Bye! Bye!



Georgiana

founder of [SpeakEnglishPodcast.com](https://speakenglishpodcast.com)

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