



BritMates

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Think & Talk

사사토론

04 Health & Sports

ISSUES NOW IN THE NEWS

Reading, Discussion and Critical Thinking

04. Health & Sports



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1. The Rise of Pilates and Yoga

What makes Pilates and yoga so appealing in today's fitness world?

◆ Topic Overview

Pilates and yoga have become increasingly popular in recent years, especially among adults seeking low-impact yet effective ways to improve health. These practices not only strengthen the body but also emphasize breathing, mindfulness, and stress relief.

With more studios opening and online classes booming, they've become a lifestyle choice for many. But are they truly transformative, or just another wellness trend?

◆ Key Vocabulary

Mindfulness

Definition: Being fully aware and present in the moment.

Example: "Yoga helps improve mindfulness through focused breathing and movement."

Core Strength

Definition: The strength of muscles in the abdomen and lower back.

Example: "Pilates is known for improving core strength and posture."



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◆ Discussion Questions

- ① Why do you think Pilates and yoga have become so popular among adults today?
- ② How do these practices differ from traditional forms of exercise like running or weightlifting?
- ③ Can mental wellness practices like yoga really help reduce stress and anxiety?
- ④ Should schools and workplaces promote Pilates or yoga as part of wellness programs?

◆ Idioms & Phrases

- ✓ **"bend over backwards"** – To try very hard or go out of your way to help someone or do something.

Example: She bent over backwards to make her guests feel comfortable.
(그녀는 손님들이 편하게 느끼도록 정말 무리해서 노력했어.)

- ✓ **"in the long run"** – eventually or after a long time, considering for future.

Example: Studying every day might feel hard, but it pays off in the long run.
(매일 공부하는 것은 힘들 수 있지만, 결국에는 보답을 받아요.)

◆ Mini Debate

Statement: "Pilates and yoga are more effective for overall health than traditional gym workouts."

Do you agree or disagree? Prepare arguments and counterpoints.

