B CLASS

The hidden risks of sitting

Worksheet A

**TASK 1**

Read the vocabulary and find out whether you are familiar with the following words or phrases:

1. Stay put=
2. Agitated=
3. Recuperate=
4. Sedentary life/existence=
5. Joint=
6. Fluid motion=
7. Circulate=
8. Backbone=
9. Curvred back=
10. Slumped shoulders=
11. Hunch=
12. Shrink=
13. Compress=
14. Numbness=
15. Swelling=
16. Limbs=
17. Break down=
18. Run counter to=
19. Short term Vs long term=
20. Premature=

**TASK 2**

Watch the video, <https://www.youtube.com/watch?v=wUEl8KrMz14>, and say whether the following statements are True or False. (You can choose the subtitles option to be able to understand what is being said).

1 .Our bodies always love to sit.

2. The human body is not built for sedentary life.

3. A common way to sit is with curved back and slumped shoulders.

4. People sit down to use their brain but in doing so they have the opposite effect.

5. Inactivity is not responsible for premature deaths.

**TASK 3**

Fill in the gaps with the words.

Circulates stay put breaks down agitated backbone

1. Over time, the protein in the eggshell ………………..into its constituent amino acids.

2. Your ……………………. is the column of small [linked](https://www.collinsdictionary.com/dictionary/english/link) [bones](https://www.collinsdictionary.com/dictionary/english/bone) down the [middle](https://www.collinsdictionary.com/dictionary/english/middle) of your back.

3. He was forced by his condition to ……………….and remain out of politics.

4. A virus which ………………via the bloodstream and causes ill health in a variety of organs.

5. Susan seemed …………………………about the two weeks quarantine.

**TASK 4**

Fill in what is missing in the scheme below.

Sitting down> less space for lungs to expand>………………………….… >-numbness and swelling of limbs>fat is not burnt when you don’t move around>……………………………………….. >concentration dips>………………………………………………

**TASK 5**

What is some of the advice you could give a student who wants to make the most out of his studying and avoid the health risks presented in the video?