

Exploring Health and Fitness Trends

COMPREHENSION • VOCABULARY • DISCUSSION

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Reading Passage

Read the passage carefully. Each paragraph is labelled with a letter for easy reference.

- A** In recent years, many people have become more interested in their health and fitness. This trend is noticeable in cities like New York and London, where fitness studios and healthy cafes are popping up everywhere. Many individuals are now focusing on activities such as yoga, pilates, and high-intensity interval training (HIIT). These workouts not only improve physical strength but also enhance mental well-being. For instance, a local gym in Brooklyn offers a special class every Saturday morning that combines yoga and meditation, attracting many participants.
- B** Moreover, the rise of technology has influenced health trends significantly. Wearable devices, like smartwatches, help users track their daily activities, heart rates, and sleep patterns. These gadgets encourage people to stay active and make healthier choices. Additionally, social media platforms, such as Instagram and TikTok, are filled with fitness influencers sharing workout routines and healthy recipes. This online community motivates others to join the fitness movement. As we move forward, it is clear that health and fitness will continue to play a vital role in our daily lives, promoting a more balanced lifestyle for everyone.

Vocabulary Glossary

Key words and phrases from the passage. Study them before attempting the exercise below.

WORD / PHRASE	DEFINITION	EXAMPLE SENTENCE
trend	a general direction in which something is developing or changing	<i>The trend of eating organic food is growing among young adults.</i>
pop up	to appear or happen quickly or unexpectedly	<i>New cafes seem to pop up in the city every week.</i>
enhance	to improve the quality or make something better	<i>The new app can enhance your photos with special effects.</i>
influencer	a person who affects the way others think or act, especially on social media	<i>The influencer shared her favorite makeup products online.</i>
wearable	a small electronic device that can be worn on the body	<i>He bought a new wearable that tracks his steps and heart rate.</i>
routine	a set of actions done regularly	<i>Her morning routine includes a cup of coffee and a short walk.</i>
motivate	to make someone want to do something	<i>The teacher's words motivate the students to study harder.</i>
balanced	keeping or showing a good level of health and well-being	<i>A balanced diet includes fruits, vegetables, and proteins.</i>
participant	a person who takes part in an activity or event	<i>She was a participant in the local marathon last year.</i>

Vocabulary Exercise — Fill in the Blank

Use one word or phrase from the glossary above to complete each sentence. Each item is used only once. Answers are on the final page.

1. New fitness studios _____ in big cities every month.
2. Many people use _____ devices to track their health.
3. A healthy lifestyle can _____ both body and mind.
4. Social media _____ share workout tips online.
5. He follows a strict exercise _____ every morning.
6. The coach's encouragement helped to _____ the team.

Comprehension Questions

These questions are different from the online practice test. Choose the best answer (A, B, C, or D). Answers and explanations are on the final page.

Question 1

What type of class does the Brooklyn gym offer on Saturday mornings?

- A. A class combining yoga and meditation
- B. A high-intensity interval training class
- C. A pilates and dance class
- D. A weightlifting class

Question 2

How has technology influenced health trends according to the passage?

- A. By providing online cooking classes
- B. Through wearable devices and social media
- C. By creating new gym equipment
- D. Through virtual reality workouts

Question 3

What is the main idea of the passage?

- A. Fitness studios are closing in major cities.
- B. Health and fitness trends are becoming popular.
- C. Yoga is the most popular workout activity.
- D. Technology has no impact on fitness trends.

Question 4

Why do you think the passage mentions cities like New York and London?

- A. To show where fitness trends are not popular
- B. To highlight cities with many new gyms
- C. To illustrate how global cities influence trends
- D. To describe cities with declining health

Question 5

What role do fitness influencers play according to the passage?

- A. They discourage people from joining gyms.
- B. They motivate others to engage in fitness activities.
- C. They charge high fees for personal training.
- D. They create new types of exercise equipment.

Discussion & Writing Prompts

Each prompt references a specific detail from the passage above. Use for classroom discussion or a short written response (150–200 words).

1. Paragraph 1 mentions that fitness studios and healthy cafes are popping up in cities like New York and London. Do you think similar trends are happening in your city, and why?

2. The passage states that wearable devices track daily activities and encourage healthier choices. How do you think these devices can be improved to support health goals even more?

3. According to the passage, influencers on social media platforms motivate others to join the fitness movement. Can you think of any potential downsides to following fitness influencers online?

Answer Key

COMPREHENSION QUESTIONS

Q1 A

Q2 B

Q3 B

Q4 C

Q5 B

VOCABULARY EXERCISE

FIB1 pop up

FIB2 wearable

FIB3 enhance

FIB4 influencers

FIB5 routine

FIB6 motivate

Comprehension Question Explanations

Why the correct answer is right — and why each wrong option is incorrect.

1. What type of class does the Brooklyn gym offer on Saturday mornings?

✓ A — A class combining yoga and meditation

The passage states that the Brooklyn gym offers a class that combines yoga and meditation on Saturday mornings.

✗ B — A high-intensity interval training class

The passage mentions high-intensity interval training in general, not as part of the Saturday class.

✗ C — A pilates and dance class

There is no mention of a class combining pilates and dance in the passage.

✗ D — A weightlifting class

The passage does not refer to any weightlifting class.

2. How has technology influenced health trends according to the passage?

✓ B — Through wearable devices and social media

The passage mentions technology influencing health trends via wearable devices and social media.

✗ A — By providing online cooking classes

The passage does not mention online cooking classes.

✗ C — By creating new gym equipment

New gym equipment is not mentioned as a technological influence in the passage.

✗ D — Through virtual reality workouts

Virtual reality workouts are not discussed in the passage.

3. What is the main idea of the passage?

✓ B — Health and fitness trends are becoming popular.

The passage focuses on the growing popularity of health and fitness trends.

✗ A — Fitness studios are closing in major cities.

The passage talks about new fitness studios opening, not closing.

✗ C — Yoga is the most popular workout activity.

Yoga is mentioned, but it is not stated as the most popular activity.

✗ D — Technology has no impact on fitness trends.

The passage explains how technology has a significant impact on fitness trends.

4. Why do you think the passage mentions cities like New York and London?

✓ C — To illustrate how global cities influence trends

The passage uses these cities as examples of where health and fitness trends are noticeable.

✗ A — To show where fitness trends are not popular

The passage indicates that fitness trends are popular in these cities.

✗ B — To highlight cities with many new gyms

While new gyms are mentioned, the focus is on broader trends, not just gyms.

✗ D — To describe cities with declining health

The passage does not discuss declining health in these cities.

5. What role do fitness influencers play according to the passage?

✓ B — They motivate others to engage in fitness activities.

The passage states that fitness influencers motivate others by sharing routines and recipes.

✗ A — They discourage people from joining gyms.

The passage suggests they encourage, not discourage, fitness participation.

✗ C — They charge high fees for personal training.

There is no mention of influencers charging for personal training.

✗ D — They create new types of exercise equipment.

Creating exercise equipment is not mentioned as part of their role.

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