

CROSSROADS

CROSSROADS Language Studio's Newsletter April, 2020

Three powers - exercise

The right diet and adequate sleep are important for our body functions, but we must also look after our physical condition and staying in shape well into our senior years will bring about a number of significant benefits to our quality of life.

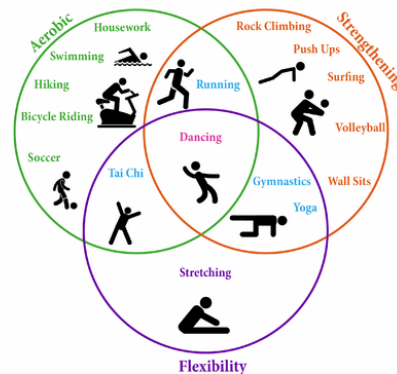
We can identify 4 types of exercise:

1. Muscle training – examples include: weight-lifting, resistance bands exercises and own body weight exercises.
2. Bone strengthening. This will typically involve 'explosive' exercises such as running, tennis, basketball or football.
3. Aerobic exercise: cycling, swimming, brisk walking and dancing
4. Balance – yoga, tai chi, lower body stretching.

These 4 types of exercises should be performed in combination for around 150mins a week (30mins/day, 5 times a week), and a daily routine can be spread over a whole day, with at least 10mins of physical activity at a time being more beneficial than a single long session. This can be achieved wherever you are and whenever possible, using space and objects in your surrounding. Routinely standing up and away from our desks to stretch our legs and the back is an exercise in itself. However, we should dedicate time each working day for a workout, preferably before going to work or soon after. Just avoid late night vigorous activity, as it can keep you awake and alert, affecting your sleeping pattern.

Every person is different so the amount of exercise will vary case-by-case. People who generally lead a more sedentary lifestyle will benefit from even light physical activity, whereas those aiming to lose excess weight will need a much more vigorous and more frequent exercise (up to 300mins) to keep the weight down.

Different Types of Physical Activity



Physical activity improves sleep duration, helps you fall asleep faster and stay longer in deep sleep.

Numerous studies have shown that people who exercise are at a significantly reduced risk of developing dementia and Alzheimer's disease. Aerobics, in particular, trigger the brain to produce more neurons in hippocampus, improving memory, thinking and learning skills. It also reduces the risk of depression, by producing 'happy' hormones, such as serotonin and dopamine.

Intensive exercise maintains bone density at a high level and protects us against arthritis.

Unsurprisingly, physical activity helps prevent diabetes. Muscles that are exercised regularly are more receptive to insulin, so in fit individuals blood sugar levels are not likely to go up. Exercise can also reduce blood pressure and improve cholesterol levels.

Having an active lifestyle is really an investment in your future well-being, both physically and mentally.

Article by Marek

Net News

NET LESSONS: Too busy to come to CROSSROADS?

.... Try our *lessons on the net!*

Basics of exercising:

<https://medlineplus.gov/benefitsofexercise.html>

Some Thoughts for the Month



Joshua Says: Knowing can be a barrier to learning. This means that if our minds are cluttered up with all the things we “know,” we may not have enough space for all the things we may yet know. It suggests we should face our learning experiences with an open and receptive mind. Japanese English education in schools emphasizes the study of grammar, and it is precisely this that interferes with some learners of English who want to *speak* English.

Junko Says: As you know, you can watch the BBC world news on our Open House TV. You can also watch it at home on YouTube. There are other well-known news stations you can catch on YouTube also: Britain’s BBC & ITV; NBC & ABC from the U.S.; ABC Australia & SBS Australia; CBC & BNN from Canada; TVNZ & NCTV from New Zealand; SABC from South Africa. Log-on to YouTube and just write the station you want in the search bar, Give it a try!



Marek Says: For the past 2 weeks we have been fruitlessly trying to establish a Skype group, which will allow us to have a group lesson, at a single click of a button. So far, we are coming up short each time, as the computers and the program itself present an array of problems. There’s a nice synonym for this very situation: hitting your head against the wall.

Darrin Says: With all the doom and gloom that is happening around us at the moment with the Corona virus, I thought that I would send a little feel good message for my article this month as April is the month that my daughter was born. She has brought so much joy and happiness into my life since her birth and I look forward to sharing many more with her. So to Chiemi Joy Deuble, Happy 8th birthday. And to everyone else, stay well.



Mandcy dit: En effet, à cause de la situation internationale, on doit tous passer beaucoup plus de temps à la maison. Voici quelques conseils pour passer le temps en apprenant. 1- la lecture des grandes œuvres comme *le rouge et le noir* de Stendhal ou *Tokyo boyfriend* d'Amélie Northombs. 2- cuisinez français, et pourquoi pas la quiche lorraine ou le croissant-café au lait. 3- les films français : apprendre en s'amusant. Je vous recommande *la famille bélière* et *les choristes*. Des bisous à tous, prenez bien soin de vous.

ACROSS

- 2 many in number
- 5 strong and active
- 7 important in effect or meaning
- 9 open to ideas or change
- 13 to a high degree
- 14 enhancing well-being
- 15 give special meaning to

DOWN

- 1 be different from
- 3 unvarying way or behaviour
- 4 a period of time
- 6 quick, fast
- 7 requiring little activity
- 8 exercise that increases the need for oxygen
- 10 too much
- 11 sufficient for the purpose
- 12 mentally responsive

Play A Game!

Find the answers on P1

[\(print version here\)](#)

