NAME: **COURSE:**

TEENAGE "GIRLS TOO EMBARRASSED" TO KEEP FIT

Most teenage girls want to be fitter and lose weight, but fewer than half do any weekly exercise, according to research.

A study due to be published also found that fewer than half of all young people eat any fresh fruit daily despite Government recommendations.

It found that the very reason that girls want to exercise more inhibits them. They want to exercise to improve their appearance, but many do not because they do not like the way that they look while exercising.

Helen Haste, a professor of psychology at Bath University and the author of the report, *My Body, My Self*, to be published this month by the Nestlé Social Research Foundation, said: "Work has been done before on young people's behaviour in relation to health, but we were interested in their attitudes to health, fitness and exercise. We can't persuade young people to change their behaviour just by telling them what's good for them, but need to appeal to what is important to them.

"Talking about being healthy in itself is not the right way to appeal to them, but being fitter and more attractive is."

Prof Haste said fewer than half her sample exercised once a week, apart from walking.

Asked why they did not exercise 49 per cent of girls said that they did not feel comfortable exercising in front of other people, 35 per cent said they did not have time, 34 per cent said they did not look good in exercise clothes, 33 per cent said they did not want to look too muscular and 30 per cent said they were no good at sport.

Almost half the girls (47 per cent) said they would rather dance or do yoga than take part in traditional sports.

QUESTIONS

1. Answer the following questions using your own words. (2 points)

a. Why do some girls not take any exercise?

b. According to Helen Haste, is the fact of having good health enough?

2. Are the following statements *True* or *False*? (1 point)

a. Most teenage girls do not take exercise because they are already healthy._____

b. Some teenage girls do not take exercise because, in their opinion, training clothes make them look ugly. _____

3. Find a word or expression in the text which, in context, is similar in meaning to: (1 point)

a. The way people act: b. Physical aspect:

4. Choose *a*, *b*, or *c* in each question below. Only one choice is correct. (2 points)

1. Most teenage girls want to

a. be happy.

b. slim down.

c. study psychology.

2. Fresh fruit is eaten by

a. more than 50% of all teenagers.

b. more than 50% of all teenage girls.

c. less than 50% of all teenagers.

3. The report "My Body, My Self"

a. was published last month.

b. is being published this month.

c. has been published this month.

4. Nearly 50% of the girls that were asked said that

a. they would take yoga or dance rather than typical sports.

b. they would take yoga instead of dance.

c. yoga is as good as dance.

5. Composition (100-150 words) *What do you do to be fit?* (4 points)