



## 11 – HOW DO YOU STAY IN SHAPE?



### **Matthew / Canada**

I ride my bicycle. I like to ride my bicycle around most of the time, if I'm able to I'll ride a bicycle to work, and also I like to walk everywhere. I've never owned a car, so I tend to walk a lot of different places.

### **Lindsay / United States**

I like to go running two or three times a week, but to be honest I'm not the best runner. I only ... I probably walk for fifteen minutes, then run for ten, and then walk for another fifteen minutes. I'm hoping someday I can work up to run, to do running for at least twenty minutes.

### **Paul / England**

I like to go to the gym a few times a week, I like to go to the gym. I really like running but at the moment it's quite cold outside so I don't like to go running outside so I usually go to the gym and use the treadmill.

### **Aki / Japan**

Every week I go to yoga. I also go do some walking. I also do some push-ups every day, but that's about it. I also try to control what I eat. I don't eat that much oily food, or I don't drink much alcohol, so I guess that's how I try to keep fit.

### **Eoin / England**

To stay in shape, I try and walk a lot, is one thing, and also I cycle into work two or three times a week. Now that might not sound like much but I actually work on top of a mountain, so that's a fair amount of exercise. It takes me about thirty, forty minutes.

### **Shalini / Canada**

Exercise? Including ... going to the gym, doing yoga, dancing, hiking, whatever ... whatever physical activity I can get my hand on that doesn't involve really going to the gym would be preferable.