



Boost Your Workout: The Power of Pooping First!

Description

To be better at sports and thinking, you need to care about your body.

This means you should use the toilet and empty your bowels. Studies say this can help you perform better in a triathlon.

In one study, 13 triathletes took a thinking test called the Stroop test after going to the toilet. The test shows how well you can think when faced with confusing information.

All athletes did better on the test after they emptied their bowels. Even without medicine, most athletes improved after using the toilet.

Researchers believe that an empty stomach may help the brain work better because it can use more energy. If your stomach is busy digesting food, your brain may not work as well.

The study shows an interesting connection between the gut and the brain. However, do not use laxatives without talking to a doctor first if you have bowel problems.

The findings are in the journal *Sports Medicine and Health Science*.

Vocabulary List:

1. **Triathlon** /traɪ'æθ.lɒn/ (noun): A multi-sport race that includes swimming cycling and running.
2. **Stroop test** /stru:p tɛst/ (noun): A psychological test measuring cognitive flexibility and processing speed.
3. **Researchers** /rɪ'sɜ:rtʃərz/ (noun): Individuals who conduct systematic investigations to establish facts.
4. **Cognition** /kɒg'nɪʃ.ən/ (noun): The mental action or process of acquiring knowledge and understanding.
5. **Bowels** /'bəʊ.əlz/ (noun): The internal organs of the body particularly those of the digestive system.
6. **Connection** /kə'nekʃən/ (noun): A relationship or link between two things.

Comprehension Questions

Multiple Choice

1. According to the text, why is it important to care about your body to be better at sports and thinking?



- Option: Eating a balanced diet
- Option: Using the toilet and emptying your bowels
- Option: Taking medications regularly
- Option: Increasing screen time

2. What test did the 13 triathletes take in the study mentioned?

- Option: IQ test
- Option: Stroop test
- Option: Physical fitness test
- Option: Personality test

3. How did athletes perform on the Stroop test after emptying their bowels?

- Option: No change in performance
- Option: Performance decreased
- Option: Performance improved
- Option: Performance varied for each athlete

4. Based on the text, why do researchers believe an empty stomach may help the brain work better?

- Option: It reduces stress levels
- Option: It allows the brain to use more energy
- Option: It leads to better sleep quality
- Option: It prevents dehydration

5. What caution is given regarding the use of laxatives in the text?

- Option: Laxatives should be used every day
- Option: Consult a doctor before using laxatives
- Option: Laxatives are safe for everyone
- Option: Laxatives have no side effects

6. Where were the findings mentioned in the text published?

- Option: Journal of Science and Technology
- Option: Sports Medicine and Health Science
- Option: Health and Fitness Magazine
- Option: Psychology Today

True-False

7. Using the toilet and emptying your bowels can help you perform better in a triathlon.



8. An empty stomach may hinder the brain's ability to work effectively according to the text.
9. It is safe to use laxatives without consulting a doctor if you have bowel problems.
10. The study mentioned in the text involved 20 triathletes.
11. All athletes performed worse on the Stroop test after emptying their bowels.
12. The gut and brain connection discussed in the text is not considered significant by researchers.

Gap-Fill

13. According to the text, researchers believe that an empty stomach may help the brain work better because it can use more _____.
14. Do not use laxatives without talking to a _____ first if you have bowel problems.
15. Using the toilet and emptying your bowels can help you perform better in a _____.
16. Consult a _____ before using laxatives if you have bowel problems.
17. The study shows an interesting connection between the gut and the _____.
18. The findings in the text are published in the journal _____.

Answer

Multiple Choice: 1. Using the toilet and emptying your bowels 2. Stroop test 3. Performance improved 4. It allows the brain to use more energy 5. Consult a doctor before using laxatives 6. Sports Medicine and Health Science

True-False: 7. True 8. False 9. False 10. False 11. False 12. False

Gap-Fill: 13. energy 14. doctor 15. triathlon 17. brain 18. Sports Medicine and Health Science

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)



1. What type of facility is used to observe celestial events?

- Option: Hospital
- Option: Library
- Option: Observatory
- Option: School

2. Which branch of physics deals with subatomic particles?

- Option: Classical
- Option: Quantum
- Option: Thermodynamics
- Option: Astrophysics

3. What is the treatment method that aims at healing or recovering from an injury?

- Option: Surgery
- Option: Therapy
- Option: Medication
- Option: Exercise

4. Which method is used to test a hypothesis?

- Option: Guessing
- Option: Reflection
- Option: Experiment
- Option: Assumption

5. Who conducts scientific investigations and studies?

- Option: Teachers
- Option: Students
- Option: Researchers
- Option: Politicians

6. What is the mental action or process of acquiring knowledge and understanding through thought experience and the senses?

- Option: Navigation
- Option: Cognition
- Option: Respiration
- Option: Digestion

7. What describes linking two or more things together?

- Option: Isolation
- Option: Distraction
- Option: Connection
- Option: Separation



8. What term refers to the options or potential outcomes of a situation?

- Option: Limitations
- Option: Impossibilities
- Option: Possibilities
- Option: Certainties

9. What is the final time or date before which something must be completed?

- Option: Beginning
- Option: Middle
- Option: Deadline
- Option: End

10. How does one typically feel when under a lot of pressure or worry?

- Option: Relaxed
- Option: Content
- Option: Stressed
- Option: Happy

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. After the surgery the patient needed time to _____.

12. A heart _____ can save a person's life.

13. Clear _____ is essential for problem-solving.

14. The new smartphone features a revolutionary AI-powered _____.

15. _____ are heart muscle cells responsible for contraction.

16. Buying in bulk is usually _____ than buying individually.

17. Earthquakes are measured on the Richter scale in terms of _____.

18. The radio _____ picked up signals from far away stations.

19. Fiber is essential for a healthy digestive system and regular _____.

20. Exploring new paths opens up endless _____ for growth.



Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Studying stars and galaxies falls under the field of astronomy.
22. Architects design buildings bridges and other structures.
23. The process of recovery from an illness or injury is crucial for healing.
24. Chemical reactions occur due to molecular interactions.
25. Competing in swimming cycling and running is part of a triathlon event.
26. The Stroop test assesses the ability to focus attention and cognitive flexibility.
27. Excessive concern or anxiety about a situation may lead to worry.
28. The state of things as they exist is considered reality.
29. The study of forces and motion is a part of mechanics in physics.
30. A smartphone is an example of a handheld electronic device.

Answer

Multiple Choice: 1. Observatory 2. Quantum 3. Therapy 4. Experiment 5. Researchers 6. Cognition
7. Connection 8. Possibilities 9. Deadline 10. Stressed

Gap-Fill: 11. recover 12. transplant 13. thinking 14. device 15. Cardiomyocytes 16. cheaper 17. magnitudes
18. receiver 19. bowels 20. possibilities

Matching sentence: 1. Astronomical 2. Structures 3. Healing 4. Interactions 5. Triathlon 6. Stroop test 7. Worry
8. Reality 9. Mechanics 10. Device

CATEGORY

1. Health - LEVEL1

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