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## Peloton Instructor's Subway Sleep Mystery Unveiled

### Description

Hannah Corbin, a Peloton instructor, has taken to social media to shed light on her struggles with a condition she was eventually diagnosed with after years of fatigue—Hashimoto's disease.

In a personal essay for the Huffington Post, she recounted her experiences of extreme exhaustion that often left her dozing off on the subway while traveling between boroughs. For years, she visited numerous doctors, only to be met with disbelief regarding the severity of her symptoms, which included significant fatigue and unexplained weight gain.

Hashimoto's disease is an autoimmune disorder affecting thyroid function, causing hormonal imbalances that can disrupt various bodily functions, such as weight management and energy levels. Although it's a fairly common condition—impacting nearly 20 million Americans—many remain unaware of their diagnosis.

Corbin described feeling like a mere shadow of her former self, mentioning that teaching her classes felt like scaling a monumental peak. Despite her efforts to improve her situation through diet and exercise, she found little relief until she received an official diagnosis.

Upon learning of her condition, Corbin felt a mix of relief and concern. While it validated her struggles, it also meant adjusting to life with a chronic illness. Following treatment, she began to revel in life again, focusing on what she could achieve rather than what her illness prevented. Now, she aims to cultivate a supportive community where individuals can share their journeys and find joy amidst challenges.

“Life's too short not to have a little fun while navigating the twists and turns,” she remarked, emphasizing the importance of positivity and connection.

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### Vocabulary List:

1. **Autoimmune** /ˌɔː.təʊ.ɪˈmjuːn/ (adjective): Relating to disorders caused by the immune system attacking the body's own cells.
2. **Exhaustion** /ɪgˈzɔːs.tʃən/ (noun): A state of extreme physical or mental fatigue.
3. **Disbelief** /ˌdɪs.biˈliːf/ (noun): Inability or refusal to accept that something is true.
4. **Relief** /rɪˈliːf/ (noun): A feeling of reassurance and comfort after a stressful situation.
5. **Cultivate** /ˈkʌl.tɪ.veɪt/ (verb): To foster growth or development of something.
6. **Positivity** /ˌpɒz.ɪˈtɪv.ɪ.ti/ (noun): The practice of being optimistic or having a positive attitude.

### Comprehension Questions

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## Multiple Choice

1. What condition did Hannah Corbin struggle with before being diagnosed with Hashimoto's disease?
  - Option: Chronic Fatigue Syndrome
  - Option: Diabetes
  - Option: Anemia
  - Option: Hashimoto's Disease
  
2. What bodily function is primarily affected by Hashimoto's disease?
  - Option: Digestion
  - Option: Thyroid Function
  - Option: Respiration
  - Option: Skeletal Muscle Movement
  
3. How did Hannah Corbin describe her teaching experience before her diagnosis?
  - Option: Like a breeze
  - Option: Like a monumental peak
  - Option: Like a walk in the park
  - Option: Like a sunny day
  
4. How many Americans are impacted by Hashimoto's disease?
  - Option: 5 million
  - Option: 10 million
  - Option: 15 million
  - Option: 20 million
  
5. What did Hannah Corbin emphasize the importance of?
  - Option: Positivity and Connection
  - Option: Isolation and Sadness
  - Option: Anger and Resentment
  - Option: Pessimism and Disconnection
  
6. What did Hannah Corbin liken her former self to?
  - Option: A fading memory
  - Option: A mere shadow
  - Option: An unstoppable force
  - Option: An unknown entity



### True-False

7. Hashimoto's disease is a rare condition affecting only a few individuals.
8. Medication alone was sufficient for Hannah Corbin to overcome her struggles with Hashimoto's disease.
9. Hannah Corbin was misdiagnosed by doctors before eventually being diagnosed with Hashimoto's disease.
10. Hashimoto's disease primarily impacts liver function in individuals.
11. Upon her diagnosis, Hannah Corbin felt only relief and no concern.
12. Hannah Corbin focuses on promoting negativity and detachment in her community.

### Gap-Fill

13. Hashimoto's disease is an autoimmune disorder affecting \_\_\_\_\_ function.
14. The official diagnosis brought a mix of relief and \_\_\_\_\_ for Hannah Corbin.
15. Despite her efforts, Hannah Corbin found little relief until she received an official \_\_\_\_\_.
16. Hashimoto's disease impacts various bodily functions such as weight management and \_\_\_\_\_ levels.
17. Hannah Corbin aims to cultivate a supportive community where individuals can share their journeys and find joy amidst \_\_\_\_\_.
18. Hannah Corbin remarked that life is too short not to have a little fun while navigating the twists and \_\_\_\_\_.



## Answer

**Multiple Choice:** 1. Chronic Fatigue Syndrome 2. Thyroid Function 3. Like a monumental peak 4. 20 million  
5. Positivity and Connection 6. A mere shadow

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

**Gap-Fill:** 13. thyroid 14. concern 15. diagnosis 16. energy 17. challenges 18. turns

## Vocabulary quizzes

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

1. What type of disease occurs when the immune system mistakenly attacks healthy body tissues?  
Option: Exhaustion  
Option: Autoimmune  
Option: Influenza  
Option: Conjunctivitis
2. How is the flu virus primarily spread from person to person?  
Option: Diagnosis  
Option: Vaccination  
Option: Transmission  
Option: Disinfection
3. What term describes an increased likelihood of developing a particular disease based on genetic factors?  
Option: Initiative  
Option: Predisposition  
Option: Combustion  
Option: Hypersensitivity
4. Which term describes a person or group at a higher risk of being harmed?  
Option: Perception  
Option: Inflammation  
Option: Outsider  
Option: Vulnerable
5. What factor refers to the ability to make a purchase or pay for services?



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- Option: Cultivate  
Option: Affordability  
Option: Transmission  
Option: Pollution
6. What process involves identifying a disease or condition based on symptoms and test results?  
Option: Excessive  
Option: Consumption  
Option: Diagnosis  
Option: Advocate
7. How does pollution primarily enter the body causing potential health issues?  
Option: Strategies  
Option: Inhaled  
Option: Initiative  
Option: Influenza
8. Which term refers to the way in which something is viewed or understood?  
Option: Predisposition  
Option: Perception  
Option: Advocate  
Option: Hypersensitivity
9. What term means to accept or support something willingly?  
Option: Epidemiologist  
Option: Embrace  
Option: Pollution  
Option: Vulnerable
10. What term describes a difficult and prolonged effort to achieve something?  
Option: Struggle  
Option: Initiative  
Option: Hypersensitivity  
Option: Affordability

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

11. \_\_\_\_\_ can occur due to prolonged physical or mental exertion leading to fatigue.
12. After facing a challenging situation a sense of \_\_\_\_\_ may bring comfort and



relaxation.

13. \_\_\_\_\_ is an inflammation of the transparent membrane covering the white part of the eye.

14. Taking the \_\_\_\_\_ to start a new project can lead to positive outcomes and progress.

15. Excessive \_\_\_\_\_ of unhealthy foods can contribute to various health issues.

16. An \_\_\_\_\_ for change promotes and supports actions for a specific cause or issue.

17. Developing effective \_\_\_\_\_ can help in achieving long-term goals and success.

18. \_\_\_\_\_ in the environment can have negative effects on human health and ecosystems.

19. It is important to \_\_\_\_\_ new ideas to foster innovation and growth.

20. Individuals with \_\_\_\_\_ may react strongly to certain triggers due to heightened response.

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

21. He was in _____ when he heard the unbelievable news.
22. The annual vaccine is recommended to reduce the risk of flu infection.
23. To be successful in life one must _____ positive habits and attitudes.
24. Maintaining an optimistic outlook can enhance one's sense of _____.
25. She acts as an _____ for animal rights and welfare in her community.
26. Individuals who may have been exposed to a contagious illness are placed in _____ to prevent spread.
27. The process of fossil fuels burning results in _____ and the release of harmful gases.
28. Feeling like an _____ among a new group of people can be challenging.



29. Efforts to reduce air and water are crucial for environmental sustainability.

30. Understanding the modes of of infectious diseases is vital for public health interventions.

## Answer

**Multiple Choice:** 1. Autoimmune 2. Transmission 3. Predisposition 4. Vulnerable 5. Affordability 6. Diagnosis  
7. Inhaled 8. Perception 9. Embrace 10. Struggle

**Gap-Fill:** 11. Exhaustion 12. Relief 13. Conjunctivitis 14. Initiative 15. Consumption 16. Advocate 17.  
Strategies 18. Pollution 19. Embrace 20. Hypersensitivity

**Matching sentence:** 1. Disbelief 2. Influenza 3. Cultivate 4. Positivity 5. Advocate 6. Quarantine 7. Combustion  
8. Outsider 9. Pollution 10. Transmission

## CATEGORY

1. Health - LEVEL4

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### Author

aimeeyoung99

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