



Trainer Offers Five-Minute Workout to Boost Posture and Mobility

Description

Upper-body workouts help build strength and make daily movements easier. They are important for activities like lifting, reaching, and pushing. Felicia Hernandez, a personal trainer at Eden Health Club, explains that these exercises improve shoulder movement and posture.

You do not need heavy weights or a gym to take care of your upper body. Hernandez offers a simple five-minute workout that you can do at home anytime. This mini workout keeps your arms strong and helps with daily tasks, like carrying groceries.

The workout includes five exercises, each lasting one minute. There's no need to count the repetitions. Hernandez advises focusing on your form and breathing. If you feel rushed, slow down.

You can do this low-impact routine three to four times a week. You can use dumbbells or just your body weight for some exercises. The five exercises are: wall shoulder roll, wall push-up, alternating overhead reach and pull, lateral raise, and isometric biceps hold with pulse. Each exercise targets different muscles, helping you build endurance and strength.

Vocabulary List:

1. **Strength** /streŋθ/ (noun): The quality or state of being physically strong.
2. **Movement** /'mu:v.mənt/ (noun): An act of changing physical location or position.
3. **Endurance** /ɪn'dʒʊə.rəns/ (noun): The ability to withstand hardship or stress over a prolonged period.
4. **Posture** /'pɒs.tʃər/ (noun): The position in which someone holds their body when standing or sitting.
5. **Alternating** /'ɔ:l.tə.neɪ.tɪŋ/ (adjective): Occurring in turn; every other.
6. **Isometric** /,aɪ.sə'mɛt.rɪk/ (adjective): Involving muscular contraction where the length of the muscle and the angle of the joint remain the same.

Comprehension Questions

Multiple Choice

1. Who explains the importance of upper-body workouts?

Option: Felicia Hernandez



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- Option: John Doe
 - Option: Jane Smith
 - Option: Michael Johnson

2. How long does the mini workout last?

- Option: 5 minutes
- Option: 10 minutes
- Option: 15 minutes
- Option: 20 minutes

3. How many exercises are included in the workout?

- Option: 3 exercises
- Option: 4 exercises
- Option: 5 exercises
- Option: 6 exercises

4. What is one of the exercises mentioned in the workout?

- Option: Squats
- Option: Wall shoulder roll
- Option: Deadlifts
- Option: Bench press

5. What is emphasized during the workout according to Hernandez?

- Option: Speed
- Option: Form and breathing
- Option: Counting repetitions
- Option: Using heavy weights

6. How often can you do this routine?

- Option: Once a week
- Option: Two times a week
- Option: Three to four times a week
- Option: Every day

True-False

7. Upper-body workouts are important for activities like lifting and reaching.



8. You need heavy weights to perform upper-body workouts.
9. The exercises improve posture and shoulder movement.
10. The workout is not suitable for home.
11. Each exercise in the workout lasts for two minutes.
12. You can use body weight for some exercises in the workout.

Gap-Fill

13. Felicia Hernandez is a personal trainer at _____.
14. The mini workout helps keep your arms _____.
15. You can perform the workout _____ times a week.
16. The workout includes five exercises, each lasting one _____.
17. Hernandez advises focusing on your form and _____.
18. One exercise included is isometric biceps hold with _____.

Answer

Multiple Choice: 1. Felicia Hernandez 2. 5 minutes 3. 5 exercises 4. Wall shoulder roll 5. Form and breathing
6. Three to four times a week

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

Gap-Fill: 13. Eden Health Club 14. strong 15. three to four 16. minute 17. breathing 18. pulse

Vocabulary quizzes

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

1. What type of cancer is characterized as a carcinoma?

Option: Lung cancer



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- Option: Skin cancer
Option: Breast cancer
Option: All of the above
2. What is the primary purpose of chemotherapy?
- Option: To relieve pain
Option: To remove tissue
Option: To kill cancer cells
Option: To diagnose disease
3. What does a biopsy involve?
- Option: Taking a tissue sample
Option: Imaging tests
Option: Monitoring symptoms
Option: Blood tests
4. What can genetic mutations lead to?
- Option: Development of hair
Option: Increased energy
Option: Cancer
Option: Weight loss
5. What is a common symptom of periodontitis?
- Option: Tooth decay
Option: Swelling of the gums
Option: Cavities
Option: Broken teeth
6. What role do bacteria play in the mouth?
- Option: Only harmful
Option: Only beneficial
Option: Both harmful and beneficial
Option: No role at all
7. What is gingivitis?
- Option: A severe form of tooth decay
Option: Swelling of the gums
Option: Breaking of teeth
Option: Nerve pain
8. What is the purpose of therapy in a medical context?
- Option: To treat disease
Option: To educate patients



- Option: To conduct research
- Option: To administer medication

9. What does non-invasive mean?

- Option: Involving surgery
- Option: Not causing harm or damage
- Option: Using sharp instruments
- Option: Involves significant risk

10. What does 'endurance' refer to in physical activity?

- Option: Strength
- Option: Speed
- Option: Stamina
- Option: Flexibility

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

11. A mastectomy is a surgical procedure to remove one or both _____ of the breasts.
12. Regular exercise can improve your overall _____ and flexibility.
13. Gingivitis often results in _____ of the gums and may lead to more serious dental issues.
14. The _____ fluid surrounds the brain and spinal cord, providing protection.
15. Practicing mindfulness can help you _____ and reduce stress levels.
16. Nerve _____ can promote healing in injured tissues.
17. Lifting weights can help build your _____ and improve muscle tone.
18. The therapy session was a _____ experience for all the participants.
19. _____ exercises involve contracting muscles without changing their length.
20. Staying in a mountain _____ can be a great way to disconnect and rejuvenate.

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



21. To relax effectively, it's important to create a peaceful environment.
22. Swelling can often indicate infection or injury in the body.
23. A mastectomy is commonly performed to treat breast cancer.
24. Movement is essential for maintaining physical health and mobility.
25. Chemotherapy is a widely used treatment option for various types of cancer.
26. Bacteria can be both harmful and beneficial to human health.
27. Periodontitis typically results in gum inflammation and can affect overall oral health.
28. Isometric exercises are effective for building muscular strength without joint movement.
29. Cerebrospinal fluid plays a crucial role in protecting the brain and spinal cord.
30. Endurance training builds stamina and increases physical performance over time.

Answer

Multiple Choice: 1. All of the above 2. To kill cancer cells 3. Taking a tissue sample 4. Cancer 5. Swelling of the gums 6. Both harmful and beneficial 7. Swelling of the gums 8. To treat disease 9. Not causing harm or damage 10. Stamina

Gap-Fill: 11. breasts 12. movement 13. swelling 14. cerebrospinal 15. relax 16. stimulation 17. strength 18. pleasant 19. Isometric 20. cabin

Matching sentence: 1. relax 2. swelling 3. mastectomy 4. movement 5. chemotherapy 6. bacteria 7. periodontitis 8. isometric 9. cerebrospinal 10. endurance

CATEGORY

1. Health - LEVEL2

POST TAG

1. ESL learning
2. esl news
3. five-minute workout
4. improve posture
5. Level 2
6. mobility
7. trainer



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