



Walking Breaks More Energy: Dogs Unhappy | Fitness

Description

Let me preface by stating that I am not in the market for ways to increase my fatigue levels. I am already exhausted enough as it is. Nevertheless, a study proposing that exercising with frequent breaks actually demands more energy than a continuous, steady effort has a certain intriguing appeal: I can enhance my workout by taking more pauses.

The findings of the research, published in Proceedings of the Royal Society B, are quite remarkable. Participants on treadmills and stair climbers utilized 20-60% more oxygen when engaging in 10-30 second bursts of activity compared to exercising without interruption over the same distance. This is attributed to the inefficiency of starting and stopping repeatedly. "We discovered that starting from a resting position requires a significant amount of oxygen to initiate walking," explained Francesco Luciano, the study's author. "This energy expenditure occurs regardless of whether one walks for 10 or 30 seconds, making it more prominent in shorter bouts." Could this method work for me?

To test this theory, I embarked on a half-mile walk to the nearest post office. While walking there at a brisk, continuous pace, I opted for 30-second bursts with rests on the way back. However, it proved challenging as 30 seconds didn't get me very far. In fact, it was only about 75 steps, which was insufficient to even reach the nearest bench. Not only did this method look foolish, with frequent and seemingly inexplicable stops, but it also drew unwarranted attention. The return journey took more than half an hour compared to the outbound trip's 12 minutes.

In conclusion, both the dog accompanying me and I were left unusually exhausted after our highly ineffective walk. Whether it was due to the increased oxygen consumption or sheer frustration remains uncertain.

Vocabulary List:

1. **Intriguing** /ɪnˈtrɪɡ.ɪŋ/ (adjective): Arousing curiosity or interest; fascinating.
2. **Expenditure** /ɪkˈspen.dɪ.tʃər/ (noun): The action of spending funds or resources.
3. **Inefficiency** /,ɪn.ɪˈfɪ.ənsi/ (noun): The state of not achieving maximum productivity; wastefulness.
4. **Consumption** /kənˈsʌmp.ʃən/ (noun): The act of using or eating something; the amount used.
5. **Continuous** /kənˈtɪn.ju.əs/ (adjective): Forming an unbroken whole; without interruption.
6. **Attribute** /ˈæt.rɪ.bju:t/ (verb): To regard something as being caused by someone or something.

Vocabulary quizzes



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

1. Which term refers to the proportion of individuals in a population having a particular ailment at a specific time?
Option: Archaeologists
Option: Skeletal
Option: Prevalence
Option: Diagnosis
2. Which term describes a condition involving the progressive degeneration of the structure or function of the nervous system?
Option: Attribute
Option: Prion
Option: Neurodegenerative
Option: Destigmatize
3. What term means to make something less severe serious or painful?
Option: Intriguing
Option: Mitigate
Option: Consumption
Option: Expenditure
4. Who are scientists who study past human societies through their material remains?
Option: Proactive
Option: Archaeologists
Option: Vigilance
Option: Significance
5. Which term refers to the using up of a resource?
Option: Proactive
Option: Consumption
Option: Susceptibility
Option: Destigmatize
6. What is a potentially serious sleep disorder in which breathing repeatedly stops and starts during sleep?
Option: Inefficiency
Option: Mitigate
Option: Obstructive
Option: Apnea
7. Which term refers to the identification of the nature of an ailment or other problems through examination of the symptoms?



- Option: Skeletal
- Option: Prion
- Option: Diagnosis
- Option: Consumption

8. What term refers to having knowledge or perception of a situation or fact?

- Option: Prion
- Option: Significance
- Option: Awareness
- Option: Havoc

9. Which term describes a harmful or evil influence?

- Option: Intriguing
- Option: Malevolent
- Option: Inefficiency
- Option: Consumption

10. Which term refers to a connection or cooperative link between people or organizations?

- Option: Association
- Option: Mitigate
- Option: Obstructive
- Option: Prion

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

11. _____ remains provide valuable insights into the physical characteristics of past populations.

12. It is important to maintain _____ against potential security threats.

13. Taking a _____ approach can help prevent issues before they occur.

14. Efforts are being made to _____ mental health issues and encourage open discussions.

15. Understanding the historical _____ of artifacts is crucial in archaeology.

16. An _____ sleep apnea can lead to serious health complications.



17. The company reduced unnecessary _____ to improve profitability.
18. Addressing _____ in processes can lead to cost savings and productivity gains.
19. Certain populations may have a higher _____ to specific diseases.
20. Post-surgery the patient experienced some unexpected _____ that required further treatment.

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

21. Prions are infectious agents composed of protein in a misfolded form.
22. Alzheimer's disease is a common type of disorder.
23. A minor like the flu can sometimes lead to significant complications.
24. The hurricane wreaked on the coastal town causing widespread destruction.
25. Genetic factors can increase one's _____ to certain environmental factors.
26. Being _____ rather than reactive can help in preventing crises.
27. Excessive food can lead to health problems such as obesity.
28. The team worked to meet the deadline for the project.
29. Early _____ of cancer can significantly improve treatment outcomes.
30. The study found a strong positive between exercise and mental well-being.

Answer

Multiple Choice: 1. Prevalence 2. Neurodegenerative 3. Mitigate 4. Archaeologists 5. Consumption 6. Apnea 7. Diagnosis 8. Awareness 9. Malevolent 10. Association

Gap-Fill: 11. Skeletal 12. Vigilance 13. Proactive 14. Destigmatize 15. Significance 16. Obstructive 17. Expenditure 18. Inefficiency 19. Susceptibility 20. Complications

Matching sentence: 1. Prion 2. neurodegenerative 3. ailment 4. havoc 5. susceptibility 6. proactive 7. consumption 8. continuous 9. diagnosis 10. association



CATEGORY

1. Health - LEVEL4

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Author

aimeeyoung99

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