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## Why Dogs Struggle with Energetic Walks with Breaks

### Description

Let me start by saying that I am already tired. I don't want to be more tired. But I read a study that said short bursts of exercise with rest in between use more energy than steady exercise. This idea is interesting: maybe I can exercise better by taking breaks.

The study, published in a science journal, found that people used 20-60% more oxygen when they did short bursts of exercise, like walking for 10-30 seconds. The study author, Francesco Luciano, said that starting to walk from rest uses a lot of oxygen. It costs more energy for shorter bursts.

I decided to test this idea by walking to the post office, which is a little more than half a mile away. On the way there, I walked steadily. On the way back, I tried walking in bursts with breaks. But 30 seconds is not very long, so it was hard to keep this up.

I also learned that my dog did not like the breaks. She wanted to keep moving, not stop every 30 seconds. By the end of our walk, both of us were very tired!

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### Vocabulary List:

1. **Exercise** /'ɛk.sə.saɪz/ (noun): Physical activity that enhances or maintains physical fitness.
2. **Bursts** /bɜːrstz/ (noun): A short period of increased activity or intensity.
3. **Steady** /'stɛdi/ (adjective): Regular consistent and stable over time.
4. **Energy** /'ɛnərdʒi/ (noun): The capacity to do work or produce change; power.
5. **Oxygen** /'ɒksɪdʒən/ (noun): A chemical element that is essential for respiration in living organisms.
6. **Tired** /'taɪəd/ (adjective): In need of rest or sleep; weary.

### Vocabulary quizzes

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

1. Which of the following activities is essential for maintaining physical fitness and overall health?

Option: Watching TV

Option: Eating fast food

Option: Regular exercise

Option: Sleeping all day

2. What do we call the substances found in food that are essential for growth energy production and overall



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health?

- Option: Harmful elements
- Option: Empty calories
- Option: Nutrients
- Option: Toxins

3. A health condition lasting for a long period or constantly recurring is known as:

- Option: Acute
- Option: Chronic
- Option: Temporary
- Option: Sporadic

4. Inflammation often leads to which common visible symptom?

- Option: Fever
- Option: Swelling
- Option: Fatigue
- Option: Hunger

5. What term describes the process of controlling or maintaining a specific condition within a certain range?

- Option: Accelerate
- Option: Regulate
- Option: Disrupt
- Option: Ignore

6. Which substance derived from food provides the power to perform physical or mental activities?

- Option: Oxygen
- Option: Fiber
- Option: Protein
- Option: Energy

7. The initiation or starting of a process or function is known as:

- Option: Deactivation
- Option: Inactive state
- Option: Activation
- Option: Reactivity

8. Which method is commonly used to collect data by asking questions to a group of people for statistical analysis?

- Option: Laboratory tests
- Option: Surveys
- Option: Guesswork
- Option: Intuition



9. The way in which a person or animal acts or conducts oneself especially in response to a particular situation is referred to as:

- Option: Attitude
- Option: Behavior
- Option: Appearance
- Option: Reaction

10. Substances formed by the union of two or more elements are called:

- Option: Elements
- Option: Compounds
- Option: Mixtures
- Option: Solutions

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

11. \_\_\_\_\_ are a unit of energy used to indicate the amount of energy that foods will produce in the human body.

12. \_\_\_\_\_ are conducted to gather information and insights from a target audience to make informed decisions.

13. Showing \_\_\_\_\_ towards others involves understanding sharing and being sensitive to their emotions and experiences.

14. Plants contain various \_\_\_\_\_ compounds that have healing properties and are used in traditional medicine.

15. Regular exercise helps keep the body \_\_\_\_\_ and improves overall health and well-being.

16. Understanding the factors that influence human \_\_\_\_\_ allows for better prediction and management of actions.

17. Eating a balanced diet ensures that the body has enough \_\_\_\_\_ to perform daily



activities.

18. Consuming foods rich in \_\_\_\_\_ can aid digestion and help prevent constipation.

19. Feeling \_\_\_\_\_ can be a sign of physical or mental exhaustion and may indicate the need for rest.

20. \_\_\_\_\_ play a crucial role in building and repairing tissues supporting immune function and as a source of energy.

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

21. Plants release during photosynthesis which is essential for the survival of most living organisms.
22. is a form of programmed cell death that is regulated differently from apoptosis.
23. The condition of being grossly overweight or having an excessive amount of body fat is referred to as .
24. Systematic is conducted to discover new knowledge validate existing theories or solve practical problems.
25. Medical treatment involving the use of chemical agents to destroy cancer cells is known as .
26. The process by which the body breaks down food into smaller components for absorption and energy production is called .
27. is the body's response to injury or infection characterized by redness swelling heat and pain.
28. functions include perception memory thinking and awareness.
29. A illness or condition is one that persists over a long period or tends to recur.
30. are substances made up of two or more elements that are chemically bonded together.

**Answer**

**Multiple Choice:** 1. Regular exercise 2. Nutrients 3. Chronic 4. Swelling 5. Regulate 6. Energy 7. Activation 8. Surveys 9. Behavior 10. Compounds

**Gap-Fill:** 11. Calories



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12. Surveys 13. Empathy 14. Medicinal 15. Fit 16. Behaviour 17. Energy 18. Fiber 19. Tired 20. Proteins

**Matching sentence:** 1. Oxygen 2. Necroptosis 3. Obesity 4. Research 5. Chemotherapy 6. Digestion  
7. Inflammation 8. Cognitive 9. Chronic 10. Compounds

## CATEGORY

1. Health - LEVEL1

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