

Sport is for crazies

Pre-task:

Watch video 1 ([Gym Stereotypes](#)) and discuss with your partner: What do you think about gyms? Do you go to a gym yourself or do you do sports in another way?

Task 1:

At the moment young people in particular can be seen following an actual health and fitness trend. Many go to the gym, eat healthily, drink protein shakes. Read the following article ([All that striving for healthiness is making millennials more anxious than ever](#)) and discuss it.

Do you approve of this body cult? What are the limits? Can sport and a fitness oriented lifestyle also do harm or have negative consequences?

Follow-up activity:

Read through the iwonder module and watch the imbedded video ([What constitutes a sport](#)). Note down all sport related vocabulary. Talk to your partner and clarify the meaning of those words.

Sources

- Video 1 <https://www.youtube.com/watch?v=nU4EJfX2aXE>
Text 1 <https://www.theguardian.com/commentisfree/2016/mar/11/striving-for-healthiness-makes-us-unhappy-millennials>
Text/Video 2 <http://www.bbc.co.uk/guides/z3m7xsg#zgptnbk>