

Health Clubs



Reading

Health clubs used to be a place only for the young and fit. Now, however, they are being joined by older members, and it's a trend that is expected to increase. People aged 55 and over currently make up almost a quarter of all memberships. Many health clubs have responded by developing programs for older adults. If an elderly person has been engaging in some activity such as gardening or walking, he or she can start at a health club immediately. Otherwise, it is better for him or her to see a doctor first.

Source: ESL Worksheets Junior

Vocabulary

fit
trend
elderly
quarter

Comprehension Check

Instruction: Choose the best answer.

- 1) We learn from the passage that health clubs
 - a) are now being built especially for the needs of elderly people
 - b) have members from different age groups these days
 - c) no longer accept people who are young
 - d) are the best places to exercise in
 - e) have doctors working in them
- 2) We can understand from the passage that1 for an old person,
 - a) the most important reason to visit a health club is not fitness
 - b) gardening or walking is better than going to a health club
 - c) it is not safe to go to a health club which doesn't have a doctor
 - d) joining a health club is the only way to stay fit
 - e) going straight to a health club might not be safe
- 3) We can conclude from the passage that people aged 55 and over
 - a) generally prefer gardening to walking
 - b) should not actually go to health clubs
 - c) have caused an increase in health club prices
 - d) may soon make up more than 25% of health club memberships
 - e) find the exercises at health clubs too difficult

Le's Talk!

1. Do you exercise regularly?
2. What do you do to stay in shape? Or if you had the time and motivation, what would you consider doing to stay fit?
3. Have you ever joined a health club? What was it like?
4. Are health clubs popular in your country?
5. What is the age limit for members?