

Housework not good exercise, says study

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A new study suggests housework is not the quality form of exercise many people consider it to be. The report even went as far as saying that those who did the most housework were usually those most overweight. The study is called, "Does doing housework keep you healthy? The contribution of

domestic physical activity to meeting current recommendations for health". It questions whether physical activities such as do-it-yourself, gardening and housework are such good exercise. It acknowledges that any activity is better than none, but says, "there is a danger that those undertaking domestic 'chores' may assume that this activity is moderate intensity" and wrongly count it as proper exercise.

A total of 4,563 adults participated in the survey, which was based on participants' weekly physical activity. The analysis from this research showed that people who included housework as part of their weekly exercise tended to be heavier. Research leader professor Marie Murphy said: "Housework is physical activity and any physical activity should theoretically increase the amount of calories [burnt]. But we found that housework was inversely related to leanness, which suggests that either people are overestimating the amount of moderate intensity physical activity they do through housework, or are eating too much to compensate for the amount of activity undertaken."

Sources: *ScienceDaily.com* / *MedicalDaily.com* / *BBC*

Writing

Compare and contrast housework and office work as forms of exercise.

Chat

Talk about these words from the article.

quality / exercise / overweight / domestic / contribution / do-it-yourself / danger / survey / participants / analysis / calories / leanness / overestimating / compensate

True / False

- People who do the most housework tend to be more overweight. T / F
- The study on housework is called "Increasing health with housework". T / F
- The study said gardening is great exercise. T / F
- People perhaps wrongly think that housework is healthier than it is. T / F
- Over 45,000 people participated in a survey on their weekly activities. T / F
- A professor said physical activity does not always burn calories. T / F
- The study found that housework did not make people slimmer. T / F
- The professor said people eat too much after doing housework. T / F

Synonym Match

- | | |
|--------------------|--------------|
| 1. suggests | a. average |
| 2. recommendations | b. consumed |
| 3. acknowledges | c. include |
| 4. moderate | d. balance |
| 5. count | e. advice |
| 6. participated | f. linked |
| 7. burnt | g. argues |
| 8. related | h. done |
| 9. compensate for | i. accepts |
| 10. undertaken | j. took part |

Discussion – Student A

- What springs to mind when you hear the word 'housework'?
- What do you think of housework?
- Do you think doing housework is good exercise?
- What would you rather do, housework or homework?
- How can it be that people who do the most housework are overweight?
- What exercise do you do to stay healthy?
- Which is best for your health – gardening, do-it-yourself or housework?
- What can people do to make housework more enjoyable?

Phrase Match

- | | |
|--|-----------------------------|
| 1. not the quality form of exercise many | a. related to leanness |
| 2. physical activities such | b. 'chores' |
| 3. any activity is | c. the amount |
| 4. domestic | d. people consider it to be |
| 5. wrongly count it | e. to compensate |
| 6. tended to | f. better than none |
| 7. increase the amount of calories | g. be heavier |
| 8. housework was inversely | h. as proper exercise |
| 9. people are overestimating | i. burnt |
| 10. eating too much | j. as do-it-yourself |

Discussion – Student B

- What would you say about your weekly physical activity?
- Do computers, iPads, games, etc., stop you from exercising?
- Which form of housework do you like least?
- Which is better, ironing or washing the dishes?
- What can people do to burn more calories doing housework?
- How can housework possibly be "inversely related to leanness"?
- Do you think you should eat less to be healthier?
- What questions would you like to ask professor Murphy?

Spelling

- ialtuqy form of exercise
- usually those most eweohiqvrt
- meeting current esiedrontcmmnao
- It clnekadsegwo that any activity is better
- domestic rscoeh
- oaedetmr intensity
- 4,563 adults ipcaartetdpi
- slaniysa from this research
- activity should lrteecolyitha increase the amount of calories
- snreilyev related to leanness
- eating too much to mnepoactse
- the amount of activity ndktnreaeu

Answers – Synonym Match

1. g	2. e	3. i	4. a	5. c
6. j	7. b	8. f	9. d	10. h

Role Play

Role A – Washing dishes

You think washing dishes is the best exercise. Tell the others three reasons why. Tell them things that are wrong with their activities. Also, tell the others which is the least healthy of these (and why): vacuuming, hanging out washing or weeding the garden.

Role B – Vacuuming

You think vacuuming is the best exercise. Tell the others three reasons why. Tell them things that are wrong with their activities. Also, tell the others which is the least healthy of these (and why): washing dishes, hanging out washing or weeding the garden.

Role C – Hanging out washing

You think hanging out washing is the best exercise. Tell the others three reasons why. Tell them things that are wrong with their activities. Also, tell the others which is the least healthy of these (and why): vacuuming, washing dishes or weeding the garden.

Role D – Weeding the garden

You think weeding the garden is the best exercise. Tell the others three reasons why. Tell them things that are wrong with their activities. Also, tell the others which is the least healthy of these (and why): vacuuming, hanging out washing or washing dishes.

Speaking - Chores

Rank these and share your rankings with your partner. Put the things you hate most at the top. Change partners often and share your rankings.

- washing the dishes
- vacuuming
- ironing
- food shopping
- hanging out the washing
- cooking
- cleaning windows
- doing the dusting

Answers – True False

a T	b F	c F	d T	e F	f F	g T	h T
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Answers to Phrase Match and Spelling are in the text.