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Cold weather exercise burns more calories – 29th February 2024

Level 0

Exercise is important for our health. It lowers the risk of heart disease and helps our weight. Doctors say that exercising in cold weather benefits our physical and mental health. The cold gives our heart a bigger workout. Our heart has to work harder to pump blood around our body.

Our body burns calories faster when it is cold. Our body works harder to keep warm, so we use up more calories. Physical activity in the cold increases our metabolism. This helps us to lose weight. Another benefit of exercising in the cold is that natural light helps to reduce our stress.

Level 1

Exercise is important for our health. It lowers the risk of heart disease and helps us to stick to a healthy weight. Doctors say that exercising in cold weather is good for us. It benefits our physical and mental health. This is because the cold gives our heart a bigger workout. A doctor from New York explained why. She said: "Your heart has to work a little bit harder to pump blood around your body. This can help to boost your endurance over time."

The doctor said the body burns calories at a faster rate when it is cold. She said your body works harder to keep warm, so you use up more calories. Physical activity in the cold boosts our metabolism, which helps us lose weight. Another benefit of exercising in the cold is that natural light helps to reduce our stress. Many people have Seasonal Affective Disorder (S.A.D.). This is a sadness caused by the short, dark days of winter.

Level 2

Exercise is essential for our healthy. It lowers the risk of heart disease, helps us to maintain a healthy weight, and reduces stress. Doctors say that exercising in cold weather is good for us. Going for a jog or a swim when it's chilly outside has extra benefits for our physical and mental health. This is because the cold gives our heart a more energetic workout. A doctor from the Hospital for Special Surgery in New York explained why. She said: "Your heart has to work a little bit harder to pump blood around your body...in the cold. This can help to boost your endurance over time."

The doctor said the body burns calories faster when it is cold. She said your body works harder to maintain its temperature, so you use up more calories by exercising in the cold. Physical activity in cold temperatures boosts our metabolism, which helps us lose weight. In the cold, our metabolism slows down, so we can preserve fat and keep warm. Another benefit of exercising in the cold is that being in natural light helps to reduce our stress. Many people have Seasonal Affective Disorder (S.A.D.). This is a type of depression caused by the short, dark days of winter.

Level 3

Everybody knows that exercise is essential to keep us healthy. It lowers the risk of heart disease, and helps us to maintain a healthy weight. It also reduces stress and makes us happier. Doctors say that exercising in cold weather is even better for us. Going for a jog or even a swim when it's chilly or freezing outside has extra benefits for our physical and mental health. The reason for this is that the cold gives our heart a more energetic workout. Dr Angela Pepdjonovic, from the Hospital for Special Surgery in New York, explained why. She said: "Your heart has to work a little bit harder to pump blood around your body...in the cold. This can help to boost your endurance over time."

Dr Pepdjonovic said cold-weather workouts can help the body burn calories at a faster rate. She said: "As your body is required to work harder to maintain its core temperature, you actually increase your calorie burn by exercising in the cold." Physical activity in cold temperatures can boost our metabolism, which helps us lose weight. In the cold, our metabolism slows down, so we can preserve fat and keep warm. Another benefit is that being in natural light helps to reduce our stress. This is especially so for people who suffer from Seasonal Affective Disorder (S.A.D.). This is a type of depression caused by the shorter, darker days of winter. It is more common in people who live far from the equator.