

WORKBOOK

A LITTLE GOES A LONG WAY

WHAT IS FITNESS MICRO-DOSING?

B2/C1



GLOSSARY

- **feel like** (doing sth) – mieć ochotę (coś zrobić)
- **squats** – przysiady
- **push-ups** – pompki
- **sit-ups** – brzuszki
- **pull-ups** – podciągnięcia
- **sweat** – pot / pocić się – uwaga na wymowę – /swet/
- **my eyes sting** – szczypią mnie oczy
- **squeeze ... into a jam-packed schedule** – wcisnąć coś w napięty grafik
- **a little goes a long way** – wystarczy odrobina / nie trzeba wiele / mały wysiłek daje duży efekt
- **life gets in the way** – życie staje na przeszkodzie
- **it doesn't count** – to się nie liczy
- **there's no point** (in doing sth) – nie ma sensu (czegoś robić)
- **it's up to you** – to zależy od ciebie
- **first thing in the morning** – z samego rana
- **daily commute** – codzienny dojazd do pracy / szkoły
- **exhausted from a hectic day** – wykończony po zwariowanym / gorączkowym dniu
- **take the lift /the stairs** – jechać windą / wejść po schodach
- **opt for the stairs** – wybrać schody
- **be pressed for time** – mieć mało czasu / spieszyć się
- **overdo it at the gym** – przesadzić na siłowni
- **my legs are killing me** – bardzo bolą mnie nogi
- **a cramp** – skurcz
- **sore** – obolały / z zakwasami
- **get toned** – ujędrnić / wzmocnić ciało
- **get ripped** – wyrzeźbić mięśnie

ACTIVITY 1 WARM-UP SPEAKING

Answer the following questions.



1. How often do you exercise? What kind of sports or physical activities do you usually do?
2. Do you plan your workouts in advance, or do you prefer to exercise **when you feel like it**?
3. What are some realistic ways to stay active during a busy day?

ACTIVITY 2 SPORT VOCABULARY

Match the activities with the pictures, and then translate the sentences that follow.



squats

push-ups

sit-ups

pull-ups

Nie potrafię zrobić nawet jednej pompki!

Zrobiłam dzisiaj trzy serie po dwadzieścia brzuszków.

Robię przysiady, żeby wzmocnić uda i pośladki.

Potrafisz się podciągnąć?

ACTIVITY 3 READING

Read the *Cosmopolitan* article entitled “*Is fitness micro-dosing the secret to success? I tried it to find out.*”

Then answer the questions below.



- How does the writer feel after finishing her short workout at the beginning of the article?
- What does the term “fitness micro-dosing” mean, and what are some examples of it?
- What does the author’s usual weekly exercise routine look like before she tries micro-workouts?
- What does she mean when she says, “But sometimes, well, life just gets in the way, doesn’t it?”
- Why does she decide to experiment with fitness micro-dosing?
- What advice does the personal trainer give about short workouts?
- What benefits does the writer notice after adding short workouts to her schedule?

ACTIVITY 4 VOCABULARY

Translate the following sentences from the article.

- the sweat leaking from my forehead is so intense my eyes sting
.....
- squeezing more fitness into my jam-packed schedule
.....
- a little goes a long way
.....
- but sometimes, well, life just gets in the way, doesn't it?
.....
- it doesn't count, so there's no point
.....
- it's entirely up to you
.....
- first thing in the morning before your daily commute
.....
- even when I was exhausted from a hectic day
.....
- instead of taking the lift or escalator, opt for the stairs
.....
- what you can achieve when you're pressed for time
.....

ACTIVITY 5 VOCABULARY

Choose the correct answer (a or b).

I overdid it at the gym.

- a) I didn't do enough exercise.
- b) I exercised too much and now I'm exhausted or sore.

My legs are killing me.

- a) My legs hurt a lot after doing exercise.
- b) I feel strong and full of energy.

I've got a cramp.

- a) I've got a sudden, painful tightening in my muscle.
- b) I've just finished my warm-up and feel great.

I'm feeling sore.

- a) My muscles hurt after exercise.
- b) I feel very relaxed.

I'm trying to get toned.

- a) I'm trying to gain some weight.
- b) I'm trying to make my body more firm and defined.

He's so ripped.

- a) He's very thin.
- b) He's very muscular.



ACTIVITY 6 VOCABULARY PRACTICE

Translate the expressions in brackets.

1. _____ (pot) is leaking down my forehead and my eyes _____ (szczypią).
2. I try to stay active, but sometimes _____ (życie staje na przeszkodzie).
3. If you want to move more, _____ (wybierz schody) instead of the lift.
4. Don't _____ (nie przesadzaj; nie przeforsuj się) or you will be _____ (obolały, z zakwasami) tomorrow.
5. _____ (to zależy od ciebie) whether you work out in the morning or evening.
6. Ouch, _____ (złapał mnie skurcz)! I should've stretched more.
7. She goes to the gym to _____ (wzmocnić ciało).
8. _____ (nie mam ochoty) exercising today.
9. I try to do twenty _____ (pompek) every morning.
10. My legs _____ (strasznie mnie bolą) after doing all these _____ (przysiady).
11. He's so _____ (umięśniony), he must spend so much time at the gym.

ACTIVITY 7 VOCABULARY PRACTICE

Complete the sentences with your own ideas.

1. I decided to get toned so
2. I don't always feel like exercising, but ...
3. My legs are killing me because ...
4. When I'm pressed for time, I usually ...
5. I know I shouldn't overdo it at the gym, but ...



ACTIVITY 8 VOCABULARY PRACTICE

Imagine you're chatting with a friend about workouts and fitness. Use the expressions in the brackets to react and say something more about it.

Friend: I only did 10 squats today.

You: _____ (*a little goes a long way*)

Friend: I planned to go running, but I had to stay late at work.

You: _____ (*life gets in the way*)

Friend: I went to the gym for two hours. Now I'm sore all over and I can't move!

You: _____ (*overdo it*)

Friend: I don't like the gym, it's just not for me.

You: _____ (up to you)

Friend: I need to get back in shape.

You: _____ (get toned)

Friend: I can't find the best time to exercise during the day.

You: _____ (first thing in the morning)

Friend: I just can't find time to work out these days.

You: _____ (pressed for time)

Friend: I need to figure out how to be more active during the day.

You: _____ (take the lift; opt for the stairs)



ANSWERS

ACTIVITY 2

Nie potrafię zrobić nawet jednej **pompki**! → I can't do even one **push-up**!

Zrobiłam dzisiaj trzy serie po dwadzieścia **brzuszków**. → I did three sets of twenty **sit-ups** today.

Robię **przysiady**, żeby wzmocnić uda i pośladki. → I do **squats** to strengthen my thighs and glutes.

Potrafisz się **podciągnąć**? → Can you do a **pull-up**?

ACTIVITY 3

She feels full of energy and endorphins. Her body is awake and buzzing, her eyes sting from sweat leaking down her face, and she feels relieved that her workout for the day is already done.

Fitness micro-dosing means doing short bursts of exercise (10–15 minutes) whenever you can, instead of one long gym session. Examples include a 10-minute HIIT video, a quick run around the block, stretching before bed, or dancing in the kitchen while the kettle boils.

Normally she plays an hour of tennis, tries to walk 10,000 steps every day, and does two or three one-hour strength-training sessions in the gym each week.

She means that everyday responsibilities, work, and a busy lifestyle often stop her from exercising as much as she wants.

Because she's often pressed for time and wants to see if short workouts could help her fit more exercise into her jam-packed schedule and stay consistent.

He says that short workouts definitely count – they're 100% better than doing nothing.

It's entirely up to each person when to do them – for example, ten minutes before work, on a lunch break, or in the evening.

He also recommends small everyday movements, like opting for the stairs instead of the lift.

She finds that short workouts are easy to fit in, help her feel more energised, and make her proud of staying active. They remind her that a little goes a long way and that even quick exercise improves her mood, fitness, and sense of achievement.

ACTIVITY 4

- the sweat leaking from my forehead is so intense my eyes sting → pot spływa mi z czoła tak bardzo, że szczypią mnie oczy
- squeezing more fitness into my jam-packed schedule → wcisnąć więcej aktywności fizycznej w mój napięty grafik
- a little goes a long way → wystarczy odrobina / nie potrzeba dużo / mały wysiłek daje duży efekt
- but sometimes, well, life just gets in the way, doesn't it? → ale czasami, cóż, życie po prostu staje na przeszkodzie, prawda?
- it doesn't count, so there's no point → to się nie liczy, więc nie ma sensu
- it's entirely up to you → to całkowicie zależy od ciebie
- first thing in the morning before your daily commute → zaraz po przebudzeniu, przed codziennym dojazdem do pracy
- even when I was exhausted from a hectic day → nawet kiedy byłam wykończona po zwariowanym dniu
- instead of taking the lift or escalator, opt for the stairs → zamiast jechać windą lub schodami ruchomymi, wybierz schody
- what you can achieve when you're pressed for time → co możesz osiągnąć, nawet gdy masz mało czasu / gdy się spieszysz

ACTIVITY 5

- I overdid it at the gym. – I exercised too much and now I'm exhausted or sore. → przesadziłam, przeforsowałam się
- My legs are killing me. – My legs hurt a lot after doing exercise. → strasznie mnie bołą
- I've got a cramp. – I've got a sudden, painful tightening in my muscle. → mam skurcz, złapał mnie skurcz
- I'm feeling sore. – My muscles hurt after exercise. → jestem obolała, mam zakwasy
- I'm trying to get toned. – I'm trying to make my body more firm and defined. → wzmocnić ciało, ujędrnić, wyrzeźbić
- He's so ripped. – He's very muscular. → bardzo umięśniony

ACTIVITY 6

1. ____SWEAT____ (pot) is leaking down my forehead and my eyes ____STING____ (szczypią).
2. I try to stay active, but sometimes ____LIFE GETS IN THE WAY____ (życie staje na przeszkodzie).
3. If you want to move more, ____OPT FOR THE STAIRS / TAKE THE STAIRS____ (wybierz schody) instead of the lift.
4. Don't ____OVERDO IT____ (nie przesadzaj; nie przeforsuj się) or you will be ____SORE____ (obolały, z zakwasami) tomorrow.
5. ____IT'S UP TO YOU ____ (to zależy od ciebie) whether you work out in the morning or evening.

6. Ouch, ___I'VE GOT A CRAMP_____ (złapał mnie skurcz)!
I should've stretched more.
7. She goes to the gym to __GET TONED_____ (wzmocnić ciało).
8. ____I DON'T FEEL LIKE_____ (nie mam ochoty) exercising today.
9. I try to do twenty __PUSH-UPS_____ (pompek) every morning.
10. My legs ___ARE KILLING ME_____ (strasznie mnie bołą) after doing all these
____SQUATS_____ (przysiady).
11. He's so _____RIPPED_____ (umięśniony), he must spend so much time at the gym.

ACTIVITY 7

Example answers:

1. I decided to get toned, so...I started doing squats and push-ups every morning.
2. I don't always feel like exercising, but... I try to do a short workout first thing in the morning.
3. My legs are killing me because...I totally overdid it at the gym yesterday.
4. When I'm pressed for time, I usually...squeeze a quick ten-minute workout into my jam-packed schedule.
5. I know I shouldn't overdo it at the gym, but.....I really want to get toned.

ACTIVITY 8

Friend: I only did 10 squats today.

You: Don't worry, a little goes a long way – ten is better than nothing!

Friend: I planned to go running, but I had to stay late at work.

You: Yeah, life gets in the way sometimes. Try again tomorrow.

Friend: I went to the gym for two hours. Now I'm sore all over and I can't move!

You: Sounds like you really overdid it!

Friend: I don't like the gym, it's just not for me.

You: That's totally up to you – find a type of exercise you actually enjoy.

Friend: I need to get back in shape.

You: Start small – it'll help you get toned over time.

Friend: I can't find the best time to exercise during the day.

You: Maybe try doing something first thing in the morning.

Friend: I just can't find time to work out these days.

You: I get it, we're all pressed for time. Even short workouts count.

Friend: I need to figure out how to be more active during the day.

You: Instead of taking the lift, opt for the stairs. It adds up!