

• Which way of exercising is better if you want to get fit?



Start

1. Describe:

In the top picture we can see a women/ group of people participating in some kind of fitness class... etc.

2. What it represents:

So I think this picture is talking about the idea of doing exercise outside the house.

3. Positive

I think the idea of going to a gym is good because you can meet new people...etc.

Negative

But if you are very overweight then maybe you you will feel uncomfortable exercising in a public places like this...etc

4. CONCLUSION

I think that technology is making it easier to do effective exercise in the comfort of your home but I think that the process of going to the gym gives you more focus. So if you can find the motivation to go and spend 2 hours in a gym 3 times a week- the the gym is the better option

3. Positive

I think exercising at home can be more convenient and takes less time because you don't have to travel to the gym. But that also depends on how far you live away from your local gym and how busy you are ...etc

Negative

You don't have as many options at home as you do at a gym...etc

2. What it represents:

So I think this picture illustrates the idea of doing exercise at house using technology...etc



Start

1. Describe:

In the bottom picture we can see a women doing yoga or some kind of exercise at home using a computer console... etc.

