



# HOT BATHS AND COLD SWIMS



Scan to review worksheet

Expemo code:  
13KM-B73D-IXBT



## 1 Warm up

Match the sentences with three of the pictures. Write a sentence to go with the fourth picture.

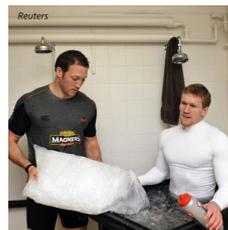
- Rugby players take an ice bath after training.
- Swimmers react to the water of the Atlantic Ocean during the Polar Bear Club New Year's Day event in New York, U.S.
- Bathers play chess while relaxing in Szechenyi Bath during a winter morning in Budapest.



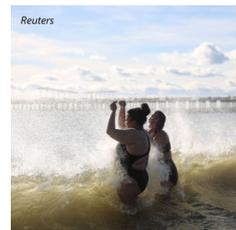
A.



B.



C.



D.

1. Why do you think people take part in these activities?
2. Have you ever bathed or swum in very hot or very cold water?

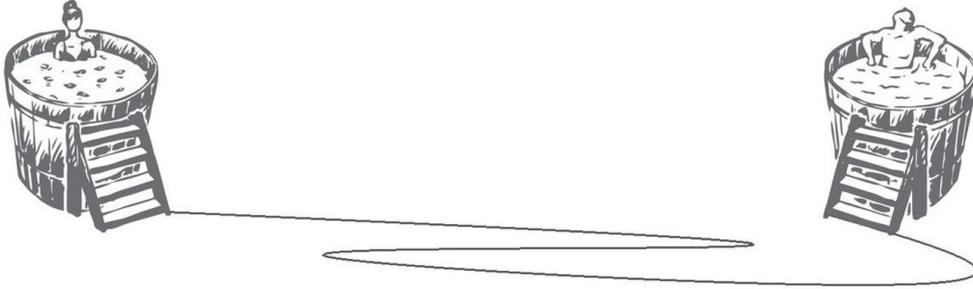


## 2

**Read for main idea**

Skim-read the text, "Bath Time" and choose the best summary:

1. Hot baths are a traditional way of socialising.
2. Hot baths are good for your health, but no one knows exactly how.
3. Hot baths can be a good alternative to exercise.



## Bath Time

Could a hot bath be more than just relaxing "me-time?"

1. You've been working hard all day and you need some exercise. When you look out the window you see that it's cold, it's raining, and it's dark. Do you go for a run or do you just ... take a hot bath? Researchers have discovered that a hot bath can have similar benefits to exercise. What's the evidence?
2. First of all, a 2017 experiment with 14 men compared two activities. One group of men did an hour of cycling and the other group spent an hour in a hot bath (40 degrees C). Scientists measured how many calories each group burned during the activities. Unsurprisingly, cycling burned more **calories** than sitting in a hot bath. However, the group that took a hot bath burned 140 calories, which is similar to doing a 30-minute walk. In addition, scientists **monitored** all the men's **blood sugar** for the next 24 hours and found that immediately after eating, the bath group had lower blood sugar levels than the cycling group.
3. Furthermore, both groups experienced lower **inflammation** levels as a **response** to the activities. This response protects the body from illness. Patients with **long-term** inflammation, for example sufferers from type 2 **diabetes**, can have difficulty fighting off diseases.
4. These results are supported by earlier experiments, which have shown that regular hot baths improve **blood pressure** and frequent **saunas** can reduce **strokes and heart attacks**. In fact, it seems that **exposing** the body to high temperatures has similar benefits to exposing the body to very low temperatures.
5. Regular "hot" activities like hot baths and saunas will be especially useful for people who find it difficult to follow an exercise routine.
6. Around the world, many cultures have long **traditions** of these activities. From **hot spring** bathing in Hungary and Japan, to Scandinavian saunas, many people enjoy social "hot" experiences. In contrast, hot baths can be seen as "me-time", enjoyable because they are unsocial. Run the water, lock the door, light some candles - it's good to hear that you don't need to feel guilty about taking a nice long, hot bath. Finally, here's a tip: bubbles will keep your bath water hot for longer.

Sources: *The Conversation*, *Business Insider*, *Mental Floss*



### 3 Vocabulary

Find key words in bold in the article that match these meanings. If the word is a verb, write the infinitive next to the meaning.

#### Group A:

1. \_\_\_\_\_ a measure of how easily the blood flows through the body which can show how healthy the heart is
2. \_\_\_\_\_ the levels of sugar in your blood; both very high and very low levels are dangerous
3. \_\_\_\_\_ the units of energy in food; you burn these when you exercise
4. \_\_\_\_\_ a serious and common disease where the body does not control how much sugar is in the blood
5. \_\_\_\_\_ the body's response to getting hurt or getting sick; high levels of activity over a long time can be dangerous
6. \_\_\_\_\_ serious medical events related to the heart and blood circulation, which often kill people

#### Group B:

1. \_\_\_\_\_ create a situation which might be harmful to someone
2. \_\_\_\_\_ a place where hot water comes out of the ground, naturally. The water sometimes contains minerals that may help with health problems.
3. \_\_\_\_\_ for many months or years
4. \_\_\_\_\_ check and measure something in a scientific way over a period of time
5. \_\_\_\_\_ a reaction to an event; the effect an event causes
6. \_\_\_\_\_ a type of very hot steam baths which take place in a small wooden room or building
7. \_\_\_\_\_ ways of doing things that a group of people have continued for a long time without changes

What do the words in Group A have in common?



### 4 Read for detail

Read the article again and decide if the information in these sentences is true, false or not given. If the information is false, correct it to make it true.

1. Sitting in a hot bath for an hour burns more or less the same number of calories as cycling for an hour.
2. The men that sat in a hot bath for an hour had better blood sugar control after eating than the men who cycled.
3. The cycling group had a much better response to inflammation than the bath group.
4. High temperatures are much better for the body than low temperatures.
5. The article describes only one set of experiments about the effect of hot water and heat on the body.
6. Some people can use hot baths and saunas instead of exercising.
7. Social "hot" activities have a stronger effect on the body than taking a hot bath at home, alone.

### 5 Language point

The article uses linking words/phrases to connect ideas in different sentences. These help the reader or listener to understand information and why it's important. There are several types of connections:

type of connection	example from the article	another example from the article	another example
addition - here's another similar point	In addition,	1	2
contrast - here's a very different point	However,	3	4
attitude - here's something surprising (or not)	(Un)surprisingly,	5	6
beginning and ending - here's the first or last thing	Finally,	7	8

Find three more examples from the article and write them in the middle column of the table.

Where do you think these words/phrases go? Write them in the column on the right.

- Actually, / Additionally, / To begin with, / Nevertheless, / To sum up,

What punctuation follows all these words or phrases?



## 6

**Practice**

You are going to read an article about the benefits of cold-water swimming and activate the vocabulary and language point of the lesson.

First, skim-read the article and choose the best title:

- A) Cold-water swimming: more research is needed
- B) Cold-water swimming: make friends and live longer
- C) Cold-water swimming: a dangerous form of exercise

Read the article and write the missing words in the numbered spaces 1-8. Use the correct forms of words from the Vocabulary exercise. You can use the glossary to help you understand the words in *italics*.

Linking words/phrases should be included in gaps A – G. Choose the best option for each gap.

Many cultures have \_\_\_\_\_<sup>1</sup> of regular cold-water swimming in oceans, rivers or lakes, while \_\_\_\_\_<sup>2</sup> often include cold water as well as heat. Recently, there has been a lot of interest in outdoor swimming organisations, like the Polar Bear Club. What exactly are the benefits?

A) **First of all / Nevertheless**, cold-water swimming seems to reduce \_\_\_\_\_<sup>3</sup> levels. B) **Unsurprisingly, / In addition**, some people claim that \_\_\_\_\_<sup>4</sup> the body to cold strengthens *the immune system*. Both of these effects would help the body fight physical illness.

C) **Furthermore, / However**, some scientists believe that \_\_\_\_\_<sup>5</sup> *depression* is connected to inflammation, so cold-water swimming may improve mental health too. Regular cold-water swimmers report that they feel "more alive" after their swims. D) **Finally, / In fact**, these feelings may result from the social nature of the activity, or from spending time outdoors, as much as from the cold water itself.

E) **However, / To begin with**, there are a number of dangers associated with cold-water swimming. Sudden exposure to cold water can lead to \_\_\_\_\_<sup>6</sup> or a \_\_\_\_\_<sup>7</sup> called "cold shock" which interrupts normal breathing patterns and leads to *drowning*. F) **Nevertheless / Additionally**, there is the danger of a slower death by *hypothermia*.

G) **To sum up, / Unsurprisingly**, there is not much scientific evidence of the physical and mental benefits of cold-water swimming. Scientists would need to set up experiments that \_\_\_\_\_<sup>8</sup> people's responses to cold water itself, separate from other factors like spending social time outdoors. This doesn't mean you can't enjoy a cold-water swim but stay safe by entering the water slowly and never swim alone.

Sources: *The Conversation, Business Insider, Mental Floss*

**Glossary**

the immune system: the system in your body that fights illness

depression: a long period of sad or anxious feelings

drowning: dying in the water because you can't breathe

hypothermia: a serious drop in body temperature that can result in death



## 7

## Homework

Choose one of these topics and plan a mini-presentation (2 minutes) or write a short text (150-200 words). Use vocabulary from the lesson and linking words/phrases.

**Topic 1:** talk about people who find it difficult to follow a regular exercise routine. You should say who they are, why it's difficult for them to exercise and what they could do instead. You should also say if you've ever had this problem.

**Topic 2:** talk about traditions relating to bathing/swimming in your country. You should say what the traditions are, whether they relate to hot or cold (or both), and what the benefits are. You should also say if you've experienced these.

**Topic 3:** talk about how scientists could find out exactly how cold water affects the body. You should explain how they can do an experiment, what they might discover and why this research is important. You should also say if you would be willing to take part in this kind of experiment.

## 8

## Optional extension

There are lots of expressions in English with *hot* and *cold*. Use one of these words to complete the gaps.

Dialogue 1:

1. A: It's your wedding tomorrow. Are you excited?
2. B: Actually, I'm **getting** \_\_\_\_\_ **feet**! I keep asking myself if this is the right thing to do.

Dialogue 2:

1. A: So, what are you going to say about the new product at the meeting today?
2. B: I'm **blowing** \_\_\_\_\_ and \_\_\_\_\_ on it. It will bring new customers to the company, but it will also cost a lot of money to develop.
3. A: Well, the boss is going to have a lot of questions and you're **in the** \_\_\_\_\_ **seat**! I hope you know all the answers!

Dialogue 3:

1. A: I'm really angry with my boyfriend. He was late for our date last night, no explanation.
2. B: Oh, he's in a bit of \_\_\_\_\_ **water**, is he? What are you going to do?
3. A: I'm going to **give him the** \_\_\_\_\_ **shoulder** for a while. I'm not answering any of his calls.
4. B: I'm sure it would be better to tell him how you feel.

Dialogue 4:

1. A: The killers shot their victims **in** \_\_\_\_\_ **blood**. They had been planning the attack for months.
2. B: Don't worry. The police are \_\_\_\_\_ **on their heels**.

Check your answers and talk about the meanings. Do you have similar expressions in your language?