IELTS ENGLISH PODCAST. HEALTH. TRANSCRIPT

Do You Think Health Is Important?

I think health is incredibly important. I think we often don't consider our health we focus on working maybe taking care of the family. We put so many things on a higher priority than our health. and I think that's a big mistake.

Describe Something You Do To Keep Healthy.

Okay, that's pretty easy for me. I'd like to tell you about jogging. A while ago... it was 2 years ago, I started jogging. I've always been good at long-distance sports you know, ones that require stamina, but I just found jogging so boring. I knew I wanted to do it, but I found it so boring, but I started very slowly and I started doing a few kilometres, sometimes walking sometimes running and always listening to a podcast on music and after sometime, I really started to warm to it. I started to enjoy jogging.

Let me tell you a little more about jogging. For me, jogging is going to the Han river which is the river near my house, and running for a 5 to 8 sometimes 10 or 12 km. It depends how I feel, and as I said I... generally I like to listen to podcasts, podcasts about business, education, sport, a variety of topics. It's not a vigorous exercise and I think you should try to have some kind of vigorous exercise as well, but it's a good aerobic exercise and it's a great way to stay in shape. I just worry with jogging that I'm missing some elements of health that I would get if I join the gym for example, but for now, it's a good exercise. So for me personally It's a really fun way to stay in shape. It's a good way for me to consume content, listening content. I think if you're a student, it's a good way to have some learning time, listening to something in English for example. And yeah, I genuinely enjoy jogging now. I go to 2 or 3 times a week.

What Do You Think Are The Most Popular Ways Of Keeping Healthy In Your Country?

Ok, well, I live in South Korea so we'll talk about that. I think golf, tennis, going to the gym, cycling these are some really common ways of staying healthy. I think Korea is quite a healthy country on the whole I don't hear too many cases of diabetes. I think a lot of the issues in Korea are mental. Stress is very high here so a sport where you can socialise with other people and, you know, relieve that stress that builds up at work. I think that's very important here.

Do You Think More Could Be Done To Encourage Health In Your Country?

I think, well, I'll talk about England in this case and I'm sorry to keep switching, but the reason is I think in England more can be done so it's worth talking about. In England, there are a lot of cases of diabetes, obesity is a problem, you can see it when you're in England. so I think that there could be ways that the government encourages people to, particularly exercise, but also eat healthily as well the diet in England seems to have deteriorated over the last few decades now a lot of people eat instant food, but on the exercise side of things just encouraging people to go to the park, play team games, joined clubs, things like that would be really beneficial for society.

What Health Issues Did People Deal With During The Coronavirus Outbreak?

That's an interesting question. I think a lot of people dealt with health issues very much related to the mental side. It was, you know, stress of being cooped up at home. It was stress from the inability to earn money. Financial stress was a big issue. It was stress from people who had their own businesses like me and they feared for their business, they feared for the future, so I think I was definitely the biggest issue and of course this has a knock-on effect in that people, when they're stressed, they eat less healthily they do less exercise. So I feel like in the coronavirus it all came from this mental issue that turned into a physical issue with regards health.

VOCABULARY

beneficial (adjective) - improving a situation, having a helpful or useful effect

consume (verb) - to use something, especially fuel, energy or time

cooped up (phrasal verb) - to keep a person or an animal inside a building or in a small space

deteriorate (verb) - to become worse

diabetes (noun) - a medical condition in which the body cannot produce enough insulin to control the amount of sugar in the blood

inability (verb) - not being able to do something

jogging (noun) - to run slowly

podcast (noun) - a digital audio file that can be taken from the internet and played on a computer or a device that you can carry with you

switching (verb) - to change or make something change from one thing to another

vigorous (adjective) - very active, determined or full of energy