

## IELTS WITH MARK TEACHER. THE ELDERLY. TRANSCRIPT

What do old people do in your country to keep fit?

Well, fortunately in the UK, elderly people have quite a lot of options when it comes to exercise and staying in shape.

Most gyms offer group classes and gentle exercise classes, like swimming, walking, or cycling, and those groups and those classes are aimed at the older generation. It gives them the chance to socialise and exercise at the same time, and I think both of those features are actually quite important - especially for elderly people.

As well as that, there are a lot of nature trails and hiking trails all over the UK, so if people don't want to pay for a membership or join a gym, they can just walk out their front door and find a not so strenuous - not so challenging trail and walk around outside, get some fresh air, and get some cardio exercise as well.