

Social Media Makes Exercise Contagious

VOCABULARY WORDS

1. Contagious /kən'tājəs/ (adjective) likely to spread to and affect others.
Example: He flashed one of his contagious smiles.
2. Motivate /'mōdə,vāt/ (verb) stimulate (someone's) interest in or enthusiasm for doing something.
Example: Art for kids is a great way to motivate your kids to be creative.
3. Conclude /kən'klood/ (verb) arrive at a judgment or opinion by reasoning.
Example: The chairman concluded by wishing us all a happy holiday.
4. Competitively /kəm'pedədēvlē/ (adverb) in a way that strives to gain or win something by defeating others.
Example: They worked hard together, competitively and under pressure.
5. Inspire /in'spī(ə)r/ (verb) fill (someone) with the urge or ability to do or feel something, especially to do something creative.
Example: The teacher inspired his students to succeed in school.



A study says social media makes exercise '**contagious**'. Researchers found that people who put details of their exercise on social media **motivate** other people to exercise more. Researchers tracked 1.1 million runners over a five-year period.

They looked at the runners' social network use, distance, time, speed and calories burned. They **concluded** that sharing exercise data on social media inspires others to exercise more, harder and more **competitively**.

The study has reports of how reading about a friend's exercise can be inspiring. It said an extra kilometer run by friends can inspire someone to run three-tenths of a kilometer farther, and an extra ten minutes run by friends can **inspire** someone to run three minutes longer.

Social media improved slower, less in shape runners, and those who were showing signs of overtaking a friend. If you run more, it is likely that you can make friends run more.

DISCUSSION

1. What positive effect does social media have on you?
2. Can running be addictive?
3. Why do people post details of their exercise online?

4. How do you motivate yourself? What do you do that might inspire others?
5. Does social media have any negative effects on your life?