

Assisted Stretching Gains Popularity During Pandemic

VOCABULARY WORDS

1. too soon to tell - before the time that is proper, preferred, or specified
Example: I spoke too soon. It's too soon to tell what will happen.
2. here to stay - likely to last or be present for a long time
Example: Katrina is convinced that her luck is here to stay.
3. back on (one's) feet - have recovered and are back to normal
Example: You need someone to take the pressure off and help you get back on your feet.
4. accolade /'akə,lād/ an expression of praise or admiration.
Example: The awards show is the movie industry's highest accolade.
5. mobility /mō'bilədē/ the ability to move or be moved freely and easily.
Example: This exercise further improves mobility.



One benefit of the Covid-19 pandemic is that people are focusing more on their health and wellness. And a growing part of this focus involves assisted stretching, an industry that is developing rapidly. Its popularity doubled since the pandemic started.

If you're wondering whether assisted stretching may be helpful to you, a program director at an assisted stretching business based in New York City recommended giving it a try, even if you're not experiencing specific pains.

An assisted stretching company president said that it's **too soon to tell** if this exercise is just another trend, but is likewise convinced that it's **here to stay**. Assisted stretching helped him get **back on his feet** after four knee surgeries crashed his hopes of a professional soccer career, so he has personally experienced its benefits. He also hears the **accolades** coming from their company's customers.

"They're telling us how it's helping them with their **mobility**, flexibility and range of motion, which then allows them to do the things that make them happy, like going hiking or golfing," he said. "If something helps people to do the things they love to do, it's an easy decision."

DISCUSSION

1. Why is exercise important?
2. What advice can you give people who live a sedentary lifestyle?
3. How do you think assisted stretching can help people?
4. Do you think this will become popular in Japan too?
5. What's the latest fad that you followed?
6. Why do you think people like following fads?