



At-home fitness tools have seen sales jump during the coronavirus pandemic.

Tonal is just one of many companies betting on growing demand for at-home smart gyms, and experts have confirmed that the coronavirus will bring **permanent** change in how people exercise. People have less time to meet physical activity recommendations, and now, many are in isolation or quarantine. With the **shutdown** of gyms, there has been an **acceleration** towards workout at home.

Smart gyms aren't cheap, and the equipment alone can cost over 1,000 dollars each. The equipment can recognize how comfortably you do some moves, and it adds up the weight naturally. Smart gyms are personalized to customers, and they can give you workout friends who support and motivate you. Support is key to long-term fitness goals, especially when working out at home.

Difficult words: **permanent** (lasting or continuing for a long time), **shutdown** (the closing of a factory, shop, or other business), **acceleration** (an increase in speed).

**Discussion Questions****Topic Talk**

1. Define the following words: *permanent*, *shutdown* and *acceleration*
2. When did sales for at-home fitness tools start to surge?
3. What do experts believe the future of smart gyms will be?
4. Are smart gyms affordable for everyone?
5. What are the advantages of using smart gyms?

Express Your Thoughts

1. How popular are smart gyms in your country?
Do you think the popularity of smart gyms will grow even higher in the future?
2. Are you a member of a smart gym?
3. Do you have at-home fitness tools? What is your exercise routine?
4. Are traditional fitness gyms already open in your country?