



Fitness **fanatics** are creating art while tracking their runs and bike rides on their phones, turning their exercise into a masterpiece.

When you create art with your GPS as a paintbrush, you follow points on a map to make a single line across an area to create the art. You enter the points into a fitness tracking app called Strava **in advance**, and the app then traces your every move. If you make a mistake, your whole artwork has to be started all over again.

Artists from around the world upload their drawings to Instagram, where they join a growing gallery with more than 18,000 pieces posted under the **hashtag** GPS Art that already show hundreds of thousands of kilometers.

Artists say that the activity is a mix of art and exercise, and for many, it began with the pandemic when traffic suddenly went away and people had more free time.

Difficult words: **fanatic** (a person who's extremely interested in something), **in advance** (before doing a particular thing), **hashtag** (the symbol # that's used on social media to describe the general subject).

Discussion Questions

Topic Talk

1. Define the following words: *fanatic*, *in advance* and *hashtag*
2. How can one create art with their GPS?
3. How does Strava, a fitness tracking app, work?
4. How does this app bring people from all over the world together?
5. When did Strava begin to become popular?

Express Your Thoughts

1. Do you go running or cycling? How long have you been doing it?
2. Do you use any fitness tracking app? Which one?
3. What are the benefits of using a fitness tracking app while doing exercise?
4. Did you take up any new sports or activities during the pandemic?
5. Which sports or exercise became popular over the pandemic?