

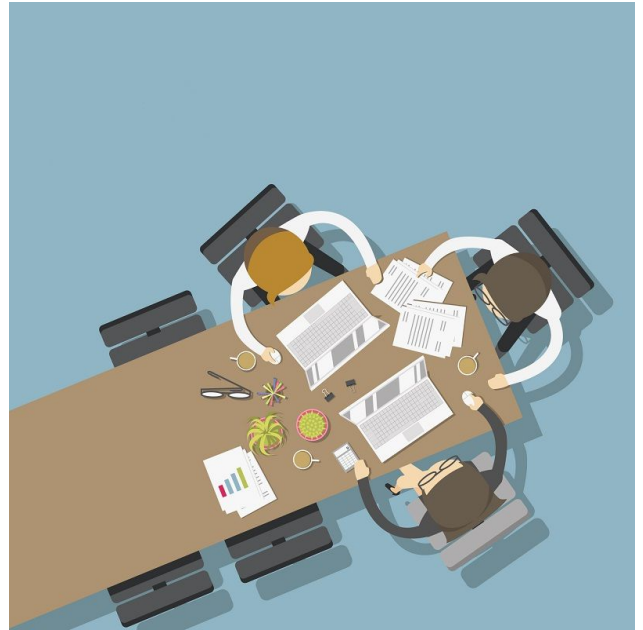
Got a meeting? Take a walk

by Nilofer Merchant

WARM-UP:

1. Discuss these questions in pairs/groups:

- How much time do you spend on meetings at work daily/weekly?
- What type of meetings do you have? Are they teleconferences, online meetings, 1-on-1 meetings, kitchen meetings, stand-up meetings? Which ones are most common?
- How much of your day do you spend sitting? Think about your work life, commuting and your free time? Do you think it is too much?
- Would you prefer to have a job in which you sit or stand and walk? Why?



2. Some people say that there are a lot of disadvantages of working in a modern office. In pairs, create a ranking by putting these disadvantages of an office work from 1 (the biggest one) to 8 (the smallest one):

- limited or no privacy
- too much time wasted on meetings
- noise in open-plan offices
- too much overtime
- health problems due to sitting
- too stressful and dynamic environment
- eating snacks and ready-made meals
- causes sight problems (looking at the screen all day)

WATCH THE VIDEO:

3. Watch the first part of the video (0:00 – 2:00) and write down what these figures refer to:

- 9.3 hours a day – that's how much people sit on average
- 10% of breast/colon cancer is caused by lack of physical activity
- 7% of type 2 diabetes is caused by lack of physical activity
- 20-30 miles a week – that's how much people could do on walking meetings

4. Watch the second part (2:00 – 3:18) and fill in the gaps with one word each:

- You could take care **OF** your health, or you could take care **OF** obligations
- First, there's this amazing thing about actually getting **OUT** of the box
- And if we're going to solve problems and look **AT** the world really differently.
- So I started this talk talking **ABOUT** the tush, so I'll end with the bottom line(...)
- You'll be surprised **AT** how fresh air drives fresh thinking.

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VOCABULARY:

5. In her talk, Nilofer Merchant, uses some colloquial/idiomatic expression. Try to connect them with their meanings [choose either 1) or 2) for each expression]:

- | | | |
|----|-------------------------|--|
| A. | tush | 1) rear-end, bottom
2) belly |
| B. | get off your duff | 1) to stop sitting and drinking beer
2) stand up and start doing things |
| C. | huff and puff | 1) to be stinking of sweat
2) to breathe very hard |
| D. | out-of-the-box thinking | 1) original approach to a problem
2) trying to figure out how to escape |
| E. | the bottom line | 1) introduction/beginning
2) the main or essential point |

DISCUSSION:

6. In small groups discuss these points related to the talk:

- Do you agree that sitting is the smoking of our generation? Can sitting really be so unhealthy? If so, what can be done to get us off our duffs?
- Nowadays people are sitting 9.3 hours a day, which is more than we're sleeping, at 7.7 hours. How about you? How much you sleep vs you sit?
- How much sport activity do you do? Do you huff and puff after a 15-minute walk or going 4-storey upstairs?
- Why do you think that walking may stimulate out-of-the-box thinking?
- Can you imagine using walking meetings in your work? What could be the problems and the benefits of such a solution?
- What's the bottom line of this TED talk that you will remember?