

Worksheet on the Guardian article (Sunday 11 Nov 2018):

Fat people can be fit too: meet the personal trainers who challenge every stereotype

(source: <https://www.theguardian.com/lifeandstyle/2018/nov/11/fat-people-can-be-fit-too-meet-the-personal-trainers-who-challenge-every-stereotype>)

01. Who is Rob Ghahremani? (age, condition)

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02. What do Laurette Johnie and Rob G. have in common?

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03. Name two plus-size instagram fitness stars:

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04. Why does Helen Fricker say that “Gyms should be doing more to promote an inclusive and non-judgemental space” ?

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05. Why did Gustaf Zander developed exercise machines?

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06. What changed during the 60s and 70s? Why did the yms become exclusionary places?

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07. What did Claire La Terriere manage to do with her daughter’s encouragement?

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08. What is Safari’s religion? What does Safari do?

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09. What happened to Adam Foster and how did fitness training help him?

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10. Explain what it means that “this group of fitness fanatics had to plough their own furrow” (penultimate paragraph)

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