

Why a cold shower changes how you feel

Anglický text s pracovním listem · Úroveň: Mírně pokročilý (A2-B1) · 4 otázky · Klíč na samostatné straně



interaktivní verze

Jméno: _____ Třída: _____ Datum: _____ Skóre: _____ / 4

Text

Have you ever stepped into a cold shower and gasped for air? That sudden shock is not just unpleasant – it sets off a chain of reactions in your body. Scientists have been studying cold exposure for decades, and the results are surprising.

When cold water hits your skin, blood vessels near the surface tighten almost immediately. Your heart beats faster, your breathing speeds up and your body sends warm blood to your core. That gasp, and everything that follows, is known as the cold shock response, and it usually fades after a minute or two.

At the same time, your brain releases a flood of noradrenaline, the chemical behind focus and alertness. In studies of cold-water immersion, noradrenaline levels can more than double – more than you would get from a strong coffee. That is why many people feel awake, focused and clear-headed for hours after a cold shower.

Some researchers believe that regular cold exposure can also help with low mood and stress. A short cold shower in the morning is enough to trigger the response – you do not need to dive into an icy lake. Athletes have used cold-water baths for years to recover faster after hard training.

Cold therapy is not for everyone, especially if you have heart problems. But if you are healthy, even thirty seconds at the end of a normal shower can make a real difference to how awake you feel. Next time you feel sluggish, try turning the tap to cold – and notice how your body and mind respond.

Slovíčka z článku

Anglicky	Výslovnost	Česky
cold shower	/ˌkəʊld ˈʃaʊə/	studená sprcha
to gasp for air	/gɑːsp fə ˈeə/	lapat po dechu
cold shock response	/ˌkəʊld ʃɒk rɪˈspɒns/	reakce na chladový šok
blood vessels	/ˈblʌd ˌvesəlz/	cévy
to tighten	/ˈtaɪtən/	stáhnout se, utáhnout
noradrenaline	/ˌnɔːrəˈdrenəlɪn/	noradrenalin
alertness	/əˈlɜːtnəs/	bdělost, ostražitost
cold exposure	/ˌkəʊld ɪkˈspəʊʒə/	vystavení chladu
low mood	/ˌləʊ ˈmuːd/	špatná nálada
to trigger	/ˈtrɪɡə/	spustit, vyvolat
to recover	/rɪˈkʌvə/	zotavit se

Anglicky	Výslovnost	Česky
sluggish	/ˈslʌɡɪʃ/	malátný, ospalý

Otázky k textu (zakroužkujte správnou odpověď)

1. What is the “cold shock response”?

- A) A dangerous heart condition caused by very cold water
- B) A warm-up routine that athletes use before training
- C) The body's first reaction: tighter vessels, faster heart
- D) The feeling of calm that stays with you all morning

2. What does noradrenaline do, according to the article?

- A) It makes you feel awake, focused and clear-headed
- B) It slows the heart down and lowers your blood pressure
- C) It makes you feel sleepy for hours after a shower
- D) It warms the skin up and widens the blood vessels

3. Who should be careful with cold therapy?

- A) Athletes who take cold baths after a hard training session
- B) People who drink a strong coffee early in the morning
- C) Healthy people taking a short shower in the morning
- D) Anyone who has any kind of problem with their heart

4. What is enough to trigger the cold shock response?

- A) Diving into an icy lake as early as possible
- B) Thirty seconds of cold water at the end of a shower
- C) Taking an hour-long cold bath twice every week
- D) Avoiding cold water completely until you feel fit

Klíč - řešení s vysvětlením

1. C) The body's first reaction: tighter vessels, faster heart

Druhý odstavec: cévy u povrchu kůže se stáhnou, srdce i dech se zrychlí a tělo pošle teplou krev k jádru. Reakce odezní po minutě až dvou.

2. A) It makes you feel awake, focused and clear-headed

Třetí odstavec: noradrenalin stojí za soustředěním a bdělostí; jeho hladina se může více než zdvojnásobit – víc než po silné kávě.

3. D) Anyone who has any kind of problem with their heart

Pátý odstavec: „Cold therapy is not for everyone, especially if you have heart problems.“ Zdravým lidem stačí i 30 vteřin na konci běžné sprchy.

4. B) Thirty seconds of cold water at the end of a shower

Čtvrtý a pátý odstavec: k vyvolání reakce stačí krátká studená sprcha ráno, do ledového jezera skákat nemusíte. Zdravému člověku stačí i 30 vteřin na konci sprchy.