



## The 'phone walk'

*Walking while using a phone changes the way your legs move. This new gait isn't the only way handsets are making us less mobile*

**treadmill:** *an exercise machine used for running or walking*

**gait:** *the way a person walks*

**ailments:** *an illness, normally a minor one*

**to blink:** *to shut and open your eyes quickly*

**to slouch:** *to stand, move or sit in a lazy way*

**cramp(ing):** *painful, involuntary contraction of muscles*

**to angle:** *to move or direct s.t. differently to its horizontal or vertical position*

**tilt:** *an inclined position or movement*

**to harbour (context):** *to carry the germs of a disease*

You know the smartphone walk: you either do it or find people who do it really annoying. Head down, eyes glued to screen, finger scrolling down feeds, applying Instagram filters to photos of autumn leaves, filling one's overstimulated head with the never-ending forward march of bad news. All while walking down an actual street. Without falling over. Or noticing all the people giving you dirty looks.

It turns out that walking while using our phones is also changing the way we move. Scientists at the University of Delaware asked volunteers to dial numbers on their mobiles while walking on a **treadmill** and found their **gait** became more exaggerated to reduce the chance of falling over. So, not only is it silly to walk and use your phone at the same time, it also makes you do a silly walk. Here are some other **ailments** associated with intensive mobile phone usage. *Note to online reader: sit down. Don't forget to **blink**. And no **slouching**!*

### Text claw

It may sound like an evolutionary advance perfect for playing Pokémon Go, but it is, in fact, soreness and **cramping** in the fingers, wrist and forearm resulting in repetitive motor activity. One survey found that 26 million Britons suffer thumb pain from gadget use.

### Text neck

Also known as iPosture, which ironically makes it sound like an app to make you more bendy, text neck is the pain sustained from looking down at your devices. Our heads

weigh 5 to 6kgs and **angling** them forward for long periods puts strain on the spine: a 15-degree **tilt**, for example, raises the weight on your neck to 13kgs. According to a 2014 report, text neck is becoming an epidemic and could lead to permanent damage.

### Screen-sightedness

Opticians have warned that smartphone overuse may lead to long-term eye damage as the blue light is potentially hazardous to the back of the eyes. Dry eyes, headaches and an increase in myopia (short-sightedness) have all been linked to sustained periods spent on handheld devices and computers.

### Phantom vibration syndrome

No, that's not your phone vibrating or ringing. It's your brain! Research conducted by Indiana University found that 89% of undergraduates experienced phantom vibrations when their phones were silent. Thought to be a result of anticipatory anxiety, the syndrome may affect as many as seven in 10 mobile-phone users.

### Infections

A 2011 study at the London School of Hygiene and Tropical Medicine found that 16% of phones **harboured** E coli, which means one in six mobile phones is contaminated with faecal matter. Now wash your hands, and wipe, rather than swipe, your phone ;-)

*adapted from: <https://www.theguardian.com/technology/shortcuts/2016/nov/14/mobile-smartphones-health-silly-walk>*

## "Let's chat about that!"

*Write your answers in an email and send them to your ECP coach!*

- Do you walk while using your phone?
- If not, do you find this annoying?
- If so, have you ever had an accident?
- Have you ever suffered from any of the ailments described in the article?
- Have you played Pokémon Go? Why/Why not?
- Have you ever had a virus on/from your phone, literally or figuratively?
- Could you "live" without your mobile phone for a day...a week...a month...or a year?

# Weekly English Practice

24th November 2016

English  
Coaching  
Projects S.Coop.

[weeklyenglishpractice.wordpress.com](http://weeklyenglishpractice.wordpress.com)

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# “iLook, iThink, iSpeak” Express yourself better!



## TEXT TALK - Common Abbreviations

2moro - Tomorrow  
 2nite - Tonight  
 BRB - Be Right Back  
 BTW - By The Way  
 B4N - Bye For Now  
 BFF - Best Friends Forever  
 CU - See You  
 CUL8R - See You Later  
 DBEYR - Don't Believe  
 Everything You Read  
 FUD - Fear, Uncertainty, and  
 Disinformation  
 FWIW - For What It's Worth  
 GR8 - Great  
 ILY - I Love You  
 IMHO - In My Humble Opinion

IRL - In Real Life  
 JK - Just Kidding  
 L8R - Later  
 LMAO - Laughing My Ass Off  
 LOL - Laughing Out Loud -or-  
 Lots Of Love  
 LYLAS - Love You Like A Sister  
 MHOTY - My Hat's Off To You  
 NIMBY - Not In My Back Yard  
 NP - No Problem  
 OIC - Oh, I See  
 OMG - Oh My God/Gosh  
 OT - Off Topic  
 POV - Point Of View  
 RBTL - Read Between The Lines  
 RT - Real Time -or- ReTweet

Look at the list of common abbreviations used when writing text messages or chatting on social media.

- Tick ✓ the ones you know.
- Underline the ones you didn't know but understand now.
- Circle the ones you don't know and don't understand. Ask your colleagues, friends and family if they know what they mean.
- Write a message or email to your ECP coach using some of these abbreviations.

coach using some of these abbreviations:

Write a message or email to your ECP and family if they know what they mean.

understand, ask your colleagues, friends

SH - Sh\*\* Happens  
 SITD - Still In The Dark  
 SOL - Sooner Or Later  
 SWAK - Sent With A Kiss  
 RT(F)M - Read The (F\*\*\*ing )  
 Manual  
 THX or TX or THKS - Thanks  
 TLC - Tender Loving Care  
 TMI - Too Much Information  
 TTYL - Talk To You Later  
 TYVM - Thank You Very Much  
 VBG - Very Big Grin  
 WEG - Wicked Evil Grin  
 WTF - What The F\*\*k  
 WYWH - Wish You Were Here  
 XOXO - Hugs and Kisses

Practise your listening and presentation skills in English!!



Friday 2nd December  
@The Molineux Bar @The ECP Hub



Come and practise your listening and presentation skills in English!!

If you would like to do a **FRED TALK**, please let us know.

Talk for a maximum of 8 minutes on any topic of your choice.  
And if you don't fancy speaking, simply come down to the ECP Hub and support your fellow students by listening to them!

Free food and drinks.

Come and practise your social English :-)