

# Cold Therapy: Hype or Health?

Upper-intermediate (B2-C1)



## WARM-UP DISCUSSION

**Part 1. Discuss the following questions.**

1. Do you prefer hot or cold weather?
2. What's the coldest place you've been to?
3. How does your body react to cold?
4. If you had to choose: a cold shower or no shower at all?

**Part 2. Read the three quotes below. Choose one that you agree with most and explain why.**

**"Discomfort is a shortcut to self-discovery."**

**"Modern life is warm — maybe too warm."**

**"If nothing ever challenges you, nothing ever changes you."**



## VIDEO ACTIVITY

**Part 1. You're going to watch a video called "Does Cold Immersion Therapy Work? Let's Dive In." Before watching, discuss the following questions.**

1. Why do wellness trends go viral so easily?
2. Do you think people exaggerate health benefits online?

**Part 2. Watch the video "Does Cold Immersion Therapy Work? Let's Dive In."**

**Part 3. Discuss the following questions.**

1. What was the main message?
2. Was anything surprising or new for you?
3. Does the presenter seem in favour of cold therapy, against it, or neutral?

**Part 4. Watch the video again and say whether each statement matches the video.**

1. Most cold therapy research is based on rodents.
2. Human studies clearly show long-term health benefits.
3. Some studies show negative effects.
4. One famous study had major mistakes and missing data.
5. Cold therapy might feel good, but evidence is weak.



## VOCABULARY & SPEAKING

### Part 1. Read the short conversations. What do the bold expressions mean?

**A:** "I've started doing cold showers every morning."

**B:** "That level of **cold exposure** is not for me."

**A:** "I'm trying it to build **mental resilience**."

**B:** "Fair enough — but start slowly."

**A:** "People say it boosts your **immune system**."

**B:** "That sounds helpful... if it's true."

**A:** "It's the newest **wellness trend** on my feed."

**B:** "Everything becomes a trend these days."

**A:** "Maybe it works because of the **placebo effect**."

**B:** "If it helps you feel better, that still counts."

**A:** "I'm a bit **sceptical** about the science."

**B:** "Same. I prefer things that are **evidence-based**."

**A:** "I hate it but my friends all do it."

**B:** "No need for **health guilt**. Do what feels right."



**Part 2. Complete the sentences with your own ideas, using the target expressions.**

- "Cold exposure might help me if..."
- "I admire people who build **mental resilience** by..."
- "When people talk about the **immune system** online, I think..."
- "I tried a **wellness trend** once, but..."
- "I think the **placebo effect** plays a big role when..."
- "I feel **sceptical** when..."
- "I trust something more when it's **evidence-based**, especially when..."
- "I definitely feel **health guilt** when..."

**Part 3. What would you say in these situations? Respond naturally using at least one expression from the lesson.**

- Your friend says cold plunges "changed their life".
- Someone at the gym insists it boosts the immune system.
- Your colleague wants to start daily cold showers and wants you to join.
- Your friend hates the cold but feels guilty because "everyone else is doing it".
- Someone says "If you don't do cold therapy, you're weak".
- A wellness influencer posts dramatic before-and-after cold therapy results.

**Part 4. Choose one option and explain your choice.**

<b>Cold showers</b>	or	<b>Sauna?</b>
<b>Evidence</b>	or	<b>Experience?</b>
<b>Mental challenge</b>	or	<b>Physical challenge?</b>
<b>Health trend</b>	or	<b>Old-school habits?</b>
<b>Daily discipline</b>	or	<b>Occasional boost?</b>
<b>Feeling good</b>	or	<b>Following the science?</b>

## REFLECTION

**Discuss the following questions.**

1. Is cold therapy more about the body or the mind?
2. If science is unclear, is feeling good a good enough reason to do it?
3. What is one form of discomfort you would add to your life, and why?

