

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.

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

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?

