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Level 1

Office workers need one hour of exercise a day

30th July, 2016

<http://www.breakingnewsenglish.com/1607/160730-exercise-1.html>

Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

Please try Levels 0, 2 and 3. They are (a little) harder.

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THE READING

From <http://www.breakingnewsenglish.com/1607/160730-exercise-1.html>

Researchers say people who sit down a lot must exercise for one hour a day. This is so they live longer. Doctors keep telling us that sitting down a lot makes our life shorter. Sitting in a chair all day is as dangerous as smoking or being overweight. Sitting for eight hours increases the risk of dying early by 60 per cent. However, there is good news. One hour's exercise each day can cancel the risk of dying early from sitting all day.

The research was published in time for the Olympic Games. Researchers hope this will get people to exercise more. Watching TV all day is very unhealthy because we will also eat unhealthy snacks. No exercise increases the risk of heart disease, diabetes and cancer. People should get out of their seat more. A researcher advised people to take breaks every hour, or to walk upstairs. He added: "Build physical activity into your everyday life."

Sources: <http://www.bbc.com/news/health-36895789>
<http://gizmodo.com/how-much-you-need-to-exercise-to-make-up-for-sitting-al-1784399171>
<http://www.telegraph.co.uk/news/2016/07/27/office-workers-must-exercise-for-an-hour-a-day-to-counter-death/>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1607/160730-exercise-1.html>

PARAGRAPH ONE:

- | | |
|--------------------------------|---------------------|
| 1. people who | a. day |
| 2. exercise for one | b. longer |
| 3. This is so they live | c. news |
| 4. sitting down a lot makes | d. sit down a lot |
| 5. Sitting in a chair all | e. being overweight |
| 6. as dangerous as smoking or | f. early |
| 7. increases the risk of dying | g. hour a day |
| 8. there is good | h. our life shorter |

PARAGRAPH TWO:

- | | |
|-----------------------------------|---------------------|
| 1. The research was published | a. unhealthy snacks |
| 2. this will get people to | b. very unhealthy |
| 3. Watching TV all day is | c. life |
| 4. we will also eat | d. seat more |
| 5. increases the risk of heart | e. hour |
| 6. People should get out of their | f. in time |
| 7. take breaks every | g. disease |
| 8. your everyday | h. exercise more |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1607/160730-exercise-1.html>

Researchers say people (1) _____ lot must exercise for one hour a day. This (2) _____ longer. Doctors keep telling us that sitting down a lot makes our life shorter. Sitting in a chair all day (3) _____ as smoking or (4) _____. Sitting for eight hours increases the (5) _____ by 60 per cent. However, there is good news. One hour's exercise each day can (6) _____ of dying early from sitting all day.

The research was published (7) _____ the Olympic Games. Researchers (8) _____ get people to exercise more. Watching TV all day is very unhealthy because (9) _____ unhealthy snacks. No exercise increases (10) _____ disease, diabetes and cancer. People should (11) _____ seat more. A researcher advised people to take breaks every hour, or to walk upstairs. He added: "Build (12) _____ into your everyday life."

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1607/160730-exercise-1.html>

Researcher say people who sit down a lot must exercise for one hour a day. This is so they live longer. Doctors keep telling us that sitting down a lot makes our lives shorter. Sitting in a chair all day is as dangerous as smoking or being overweight. Sitting for eight hours increases the risk of dying early by 60 percent. However, there is good news. One hour's exercise each day can cancel the risk of dying early from sitting all day. The research was published in time for the Olympic Games. Researchers hope this will get people to exercise more. Watching TV all day is very unhealthy because we will also eat unhealthy snacks. No exercise increases the risk of heart disease, diabetes and cancer. People should get out of their seat more. A researcher advised people to take a break every hour, or to walk up stairs. He added: "Build physical activity into your everyday life."

EXERCISE SURVEY

From <http://www.breakingnewsenglish.com/1607/160730-exercise-4.html>

Write five GOOD questions about exercise in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

