

# Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES  
FOR LANGUAGE TEACHERS"**

[breakingnewsenglish.com/book.html](http://breakingnewsenglish.com/book.html)

**Thousands more free lessons  
from Sean's other websites**

[www.freematerials.com/sean\\_banville\\_lessons.html](http://www.freematerials.com/sean_banville_lessons.html)

**Level 4 – 18th September 2023**

## **Meditation helps reduce high blood pressure**

**FREE online quizzes, mp3 listening and more for this lesson here:**

<https://breakingnewsenglish.com/2309/230918-high-blood-pressure-4.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 5 and 6. They are (a little) harder.**

**Twitter**



[twitter.com/SeanBanville](https://twitter.com/SeanBanville)

**Facebook**



[www.facebook.com/pages/BreakingNewsEnglish/155625444452176](https://www.facebook.com/pages/BreakingNewsEnglish/155625444452176)

# THE READING

From <https://breakingnewsenglish.com/2309/230918-high-blood-pressure-4.html>

High blood pressure is the leading preventable cause of heart disease. It affects 1.3 billion people. Researchers say daily meditation for 45 minutes can reduce blood pressure. They said "body and mind" goals should be adopted together with standard advice, like less salt, limiting alcohol, and regular exercise. The researchers said meditating sounds "fluffy," but evidence shows it really reduces the effects of stress on the cardiovascular system.

High blood pressure is known as a "silent killer" because we rarely see symptoms. It increases the risk of heart failure and stroke. It kills 10 million people annually. Nearly 30 percent of people worldwide have it. A researcher said we need to "take a step back and...just relax". The American Heart Association also says meditating can lower blood pressure. It says many studies show that "quieting the brain" benefits the cardiovascular system.

Sources: <https://www.bbc.com/news/health-66807432>  
<https://www.health.harvard.edu/heart-health/meditation-and-a-relaxation-technique-to-lower-blood-pressure>  
<https://nypost.com/2023/09/15/how-to-lower-your-blood-pressure-without-medication-experts/>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2309/230918-high-blood-pressure-4.html>

## PARAGRAPH ONE:

- |                                  |                      |
|----------------------------------|----------------------|
| 1. the leading preventable cause | a. "fluffy"          |
| 2. daily                         | b. mind goals        |
| 3. body and                      | c. exercise          |
| 4. together with standard        | d. effects of stress |
| 5. less                          | e. of heart disease  |
| 6. regular                       | f. salt              |
| 7. meditating sounds             | g. meditation        |
| 8. it really reduces the         | h. advice            |

## PARAGRAPH TWO:

- |   |                      |
|---|----------------------|
| 1. High blood pressure is known as        | a. worldwide have it |
| 2. we rarely                              | b. system            |
| 3. It increases the risk of heart failure | c. and just relax    |
| 4. Nearly 30 percent of people            | d. and stroke        |
| 5. we need to take a step back            | e. a "silent killer" |
| 6. meditating can lower                   | f. that              |
| 7. It says many studies show              | g. see symptoms      |
| 8. the cardiovascular                     | h. blood pressure    |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2309/230918-high-blood-pressure-4.html>

High blood pressure (1) \_\_\_\_\_ preventable cause of heart disease. It affects 1.3 billion people. Researchers (2) \_\_\_\_\_ for 45 minutes can reduce blood pressure. They said "(3) \_\_\_\_\_" goals should be adopted together with standard advice, (4) \_\_\_\_\_, limiting alcohol, and regular exercise. The researchers said meditating (5) \_\_\_\_\_ evidence shows it really reduces the (6) \_\_\_\_\_ on the cardiovascular system.

High blood pressure is known as (7) \_\_\_\_\_ because we rarely see symptoms. It increases the risk of heart (8) \_\_\_\_\_. It kills 10 million people annually. Nearly 30 percent of people (9) \_\_\_\_\_. A researcher said we need to "take a step back (10) \_\_\_\_\_. The American Heart Association also says meditating (11) \_\_\_\_\_ pressure. It says many studies show that "(12) \_\_\_\_\_" benefits the cardiovascular system.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2309/230918-high-blood-pressure-4.html>

High blood pressure is the leading preventable cause of heart disease. It affects 1.3 billion people. Researchers say daily meditation for 45 minutes can reduce blood pressure. They said "body and mind" goals should be adopted together with standard advice, like less salt, limiting alcohol, and regular exercise. The researchers said meditating sounds "fluffy," but evidence shows it really reduces the effects of stress on the cardiovascular system. High blood pressure is known as a "silent killer" because we rarely see symptoms. It increases the risk of heart failure and stroke. It kills 10 million people annually. Nearly 30 percent of people worldwide have it. Researchers said we need to "take a step back and... just relax". The American Heart Association also says meditating can lower blood pressure. It says many studies show that "quieting the brain" benefits the cardiovascular system.

# MEDITATION SURVEY

From <https://breakingnewsenglish.com/2309/230918-high-blood-pressure-4.html>

Write five GOOD questions about meditation 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) \_\_\_\_\_

*Meditation helps reduce high blood pressure – 18th September 2023*  
More free lessons at [breakingnewsenglish.com](https://breakingnewsenglish.com)

---

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

# WRITING

From <https://breakingnewsenglish.com/2309/230918-high-blood-pressure-4.html>

Write about **meditation** for 10 minutes. Read and talk about your partner’s paper.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---