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**Level 3 – 29th February 2024**

## **Cold weather exercise burns more calories**

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

<https://breakingnewsenglish.com/2402/240229-cold-weather-exercise.html>

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**Please try Levels 0, 1 and 2 (they are easier).**

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# THE ARTICLE

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise.html>

Everybody knows that exercise is essential to keep us healthy. It lowers the risk of heart disease, and helps us to maintain a healthy weight. It also reduces stress and makes us happier. Doctors say that exercising in cold weather is even better for us. Going for a jog or even a swim when it's chilly or freezing outside has extra benefits for our physical and mental health. The reason for this is that the cold gives our heart a more energetic workout. Dr Angela Pepdjonovic, from the Hospital for Special Surgery in New York, explained why. She said: "Your heart has to work a little bit harder to pump blood around your body...in the cold. This can help to boost your endurance over time."

Dr Pepdjonovic said cold-weather workouts can help the body burn calories at a faster rate. She said: "As your body is required to work harder, to maintain its core temperature, you actually increase your calorie burn by exercising in the cold." Physical activity in cold temperatures can boost our metabolism, which helps us lose weight. In the cold, our metabolism slows down, so we can preserve fat and keep warm. Another benefit is that being in natural light helps to reduce our stress. This is especially so for people who suffer from Seasonal Affective Disorder (S.A.D.). This is a type of depression caused by the shorter, darker days of winter. It is more common in people who live far from the equator.

Sources: [https://www.huffpost.com/entry/exercising-outside-winter-benefits\\_l\\_65cd27f2e4b0dd11b911a795](https://www.huffpost.com/entry/exercising-outside-winter-benefits_l_65cd27f2e4b0dd11b911a795)  
<https://www.msn.com/en-ca/health/other/why-end-of-winter-is-the-perfect-time-to-start-a-fitness-journey-expert-tips/ar-BB1iBuDT>  
<https://www.healthday.com/health-news/exercise-and-fitness/cold-weather-running-may-be-even-healthier>

# WARM-UPS

**1. COLD WEATHER EXERCISE:** Students walk around the class and talk to other students about cold weather exercise. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

everybody / exercise / heart disease / weight / stress / cold weather / jog / blood / workouts / calories / temperature / metabolism / benefit / natural light / the equator

Have a chat about the topics you liked. Change topics and partners frequently.

**3. THE COLD:** Students A **strongly** believe that the cold is good for us; Students B **strongly** believe it isn't. Change partners again and talk about your conversations.

**4. EXERCISE:** What do you think of these forms of exercise? How good are they for us? Complete this table with your partner(s). Change partners often and share what you wrote.

	What I Think	How Good They Are
Jogging		
Swimming		
Weight training		
Cycling		
Dancing		
Walking		

**5. RISK:** Spend one minute writing down all of the different words you associate with the word "risk". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

**6. COLD WEATHER:** Rank these with your partner. Put the best things to do in the cold weather at the top. Change partners often and share your rankings.

- Go jogging
- Sleep
- Go hiking
- Go shopping
- Watch a movie
- Study English
- Do hobbies
- Insulate your home

# VOCABULARY MATCHING

## Paragraph 1

- |                   |   |
|-------------------|---|
| 1. essential      | a. Something good that happens as a result of something else.                     |
| 2. risk (noun)    | b. To keep something (or keep doing something) the way it is now.                 |
| 3. maintain       | c. A chance of something bad happening.   |
| 4. chilly         | d. The ability to continue doing something for a long time without getting tired. |
| 5. benefit (noun) | e. Very important; something you cannot live or be without.                       |
| 6. boost (verb)   | f. A little cold.   |
| 7. endurance      | g. To increase something quickly; make something much better.                     |

## Paragraph 2

- |                 |  |
|-----------------|--|
| 8. workout      | h. How fast or slow something happens.                   |
| 9. rate (noun)  | i. The process in your body that turns food into energy. |
| 10. core        | j. The imaginary line around the middle of the Earth.    |
| 11. temperature | k. The central or most important part of something.      |
| 12. metabolism  | l. A feeling of sadness that lasts for a long time.      |
| 13. depression  | m. How hot or cold something is.                         |
| 14. equator     | n. A period of exercise that you do to stay healthy.     |

# BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise.html>

## 1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. The article says most of us know that exercise is good for our health. **T / F**
2. A doctor said going for a swim in cold weather is bad for us. **T / F**
3. Exercising in cold weather is good for our mental health. **T / F**
4. Exercising in cold weather can boost our endurance. **T / F**
5. Cold weather means we burn calories at a slower rate. **T / F**
6. Boosting our metabolism makes us put on weight. **T / F**
7. The article said being in natural light makes us less stressed. **T / F**
8. More people with S.A.D. live near the equator. **T / F**

## 2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- |                     |                     |
|---------------------|---------------------|
| 1. <b>essential</b> | a. increase         |
| 2. <b>lowers</b>    | b. cold             |
| 3. <b>chilly</b>    | c. exercise session |
| 4. <b>workout</b>   | d. kind             |
| 5. <b>endurance</b> | e. use up           |
| 6. <b>burn</b>      | f. necessary        |
| 7. <b>boost</b>     | g. stamina          |
| 8. <b>preserve</b>  | h. a long way       |
| 9. <b>type</b>      | i. reduces          |
| 10. <b>far</b>      | j. conserve         |

## 3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- |                                      |                              |
|--------------------------------------|------------------------------|
| 1. exercise is essential             | a. or freezing outside       |
| 2. It lowers the                     | b. exercising in the cold    |
| 3. when it's chilly                  | c. endurance over time       |
| 4. work a little bit harder to pump  | d. risk of heart disease     |
| 5. This can help to boost your       | e. to reduce our stress      |
| 6. increase your calorie burn by     | f. live far from the equator |
| 7. we can preserve fat and keep      | g. darker days of winter     |
| 8. being in natural light helps      | h. to keep us healthy        |
| 9. depression caused by the shorter, | i. warm                      |
| 10. more common in people who        | j. blood around your body    |

# GAP FILL

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise.html>

Everybody knows that exercise is (1) \_\_\_\_\_ to keep us healthy. It lowers the risk of heart disease, and helps us to (2) \_\_\_\_\_ a healthy weight. It also (3) \_\_\_\_\_ stress and makes us happier. Doctors say that exercising in cold weather is even better for us. Going for a (4) \_\_\_\_\_ or even a swim when it's (5) \_\_\_\_\_ or freezing outside has extra benefits for our physical and mental health. The reason for this is that the cold gives our heart a more energetic (6) \_\_\_\_\_. Dr Angela Pepdjonovic, from the Hospital for Special Surgery in New York, explained why. She said: "Your heart has to work a little bit harder to (7) \_\_\_\_\_ blood around your body...in the cold. This can help to boost your (8) \_\_\_\_\_ over time."

*reduces*  
*chilly*  
*essential*  
*endurance*  
*workout*  
*jog*  
*maintain*  
*pump*

Dr Pepdjonovic said cold-weather workouts can help the body (9) \_\_\_\_\_ calories at a faster rate. She said: "As your body is required to work harder, to maintain its (10) \_\_\_\_\_ temperature, you actually increase your calorie burn by exercising in the cold." Physical activity in cold temperatures can (11) \_\_\_\_\_ our metabolism, which helps us lose weight. In the cold, our metabolism slows down, so we can preserve (12) \_\_\_\_\_ and keep warm. Another (13) \_\_\_\_\_ is that being in natural (14) \_\_\_\_\_ helps to reduce our stress. This is especially so for people who (15) \_\_\_\_\_ from Seasonal Affective Disorder (S.A.D.). This is a type of depression caused by the shorter, darker days of winter. It is more common in people who live far from the (16) \_\_\_\_\_.

*light*  
*core*  
*fat*  
*burn*  
*equator*  
*suffer*  
*boost*  
*benefit*

# LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise.html>

- 1) Everybody knows that exercise is essential to \_\_\_\_\_
  - a. keeps us healthy
  - b. keep use healthy
  - c. keep us healthy
  - d. keep us health
- 2) Doctors say that exercising in cold weather is even \_\_\_\_\_
  - a. better for us
  - b. goodly for us
  - c. well for us
  - d. bettering for us
- 3) Going for a jog or even a swim when it's \_\_\_\_\_
  - a. chilli or freezing
  - b. chilled or freezing
  - c. chilling or freezing
  - d. chilly or freezing
- 4) The reason for this is that the cold gives our heart a \_\_\_\_\_
  - a. more energy work cut
  - b. more energy hectic workout
  - c. more energetic workout
  - d. more energetic work cut
- 5) Your heart has to work a little bit harder \_\_\_\_\_
  - a. to pump bloods
  - b. to pump bloody
  - c. to pump bloodied
  - d. to pump blood
- 6) As your body is required to work harder, to maintain \_\_\_\_\_
  - a. its care temperature
  - b. its core temperature
  - c. its chore temperature
  - d. its corps temperature
- 7) Physical activity in cold temperatures can \_\_\_\_\_
  - a. beast our metabolism
  - b. best our metabolism
  - c. boast our metabolism
  - d. boost our metabolism
- 8) Another benefit is that being in natural light helps to \_\_\_\_\_
  - a. induce our stress
  - b. reduce our stress
  - c. deduce our stress
  - d. read use our stress
- 9) This is a type of depression caused by the shorter, darker \_\_\_\_\_
  - a. days of winter
  - b. days off winter
  - c. day soft winter
  - d. daze of winter
- 10) It is more common in people who live far \_\_\_\_\_
  - a. from an equator
  - b. from the equator
  - c. from thee equation
  - d. from the equation

# LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise.html>

Everybody knows that exercise is (1) \_\_\_\_\_ us healthy. It lowers the risk of heart disease, and helps us (2) \_\_\_\_\_ healthy weight. It also reduces stress and makes us happier. Doctors say that exercising in cold weather is even better for us. Going for a jog or even a swim when it's (3) \_\_\_\_\_ outside has extra benefits for our physical and mental health. The reason for this is that the cold gives our heart a (4) \_\_\_\_\_. Dr Angela Pepdjonovic, from the Hospital for Special Surgery in New York, explained why. She said: "Your heart has to work a little bit (5) \_\_\_\_\_ blood around your body...in the cold. This can help to boost your (6) \_\_\_\_\_."

Dr Pepdjonovic said cold-weather workouts can help the body (7) \_\_\_\_\_ a faster rate. She said: "As your body is required to work harder, to (8) \_\_\_\_\_ temperature, you actually increase your calorie burn by exercising in the cold." Physical activity in cold temperatures can boost our metabolism, which helps (9) \_\_\_\_\_. In the cold, our metabolism slows down, so we (10) \_\_\_\_\_ and keep warm. Another benefit is that being in natural light helps to reduce our stress. This is especially so for people (11) \_\_\_\_\_ Seasonal Affective Disorder (S.A.D.). This is a type of depression caused by the shorter, darker days of winter. It is more common in people who live far (12) \_\_\_\_\_.



# COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise.html>

1. What is exercise essential for?
2. What does exercising outside in the cold benefit?
3. What kind of workout does exercising in the cold give us?
4. What does your heart pump around your body?
5. What can exercising in the cold boost over time?
6. What does the body work hard to maintain?
7. What does increasing our metabolism help us to lose?
8. What does the article say helps to reduce our stress?
9. What causes Seasonal Affective Disorder?
10. What do many S.A.D. sufferers live a long way from?

# MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise.html>

- 1) What is exercise essential for?
  - a) calories
  - b) keeping us healthy
  - c) friendship
  - d) keeping warm
- 2) What does exercising outside in the cold benefit?
  - a) sportswear companies
  - b) our feet
  - c) our physical and mental health
  - d) towns and cities
- 3) What kind of workout does exercising in the cold give us?
  - a) a special workout
  - b) a nice workout
  - c) a cold one
  - d) an energetic workout
- 4) What does your heart pump around your body?
  - a) air
  - b) blood
  - c) platelets
  - d) metabolism
- 5) What can exercising in the cold boost over time?
  - a) our endurance
  - b) red blood cells
  - c) our muscles
  - d) heat
- 6) What does the body work hard to maintain?
  - a) its core temperature
  - b) its shape
  - c) its energy
  - d) its correct height
- 7) What does increasing our metabolism help us to lose?
  - a) our worries
  - b) our mind
  - c) metabolism
  - d) weight
- 8) What does the article say helps to reduce our stress?
  - a) studying
  - b) food
  - c) natural light
  - d) English
- 9) What causes Seasonal Affective Disorder?
  - a) seasons
  - b) fast food
  - c) getting up early in the morning
  - d) shorter, darker days
- 10) What do many S.A.D. sufferers live a long way from?
  - a) the tropics
  - b) the equator
  - c) the North Pole
  - d) the Greenwich meridian

# ROLE PLAY

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise.html>

## **Role A – Go Jogging**

You think going jogging is the best thing to do in the cold weather. Tell the others three reasons why. Tell them what is wrong with their activities. Also, tell the others which is the worst of these (and why): sleeping, shopping or studying English.

## **Role B – Sleep**

You think sleeping is the best thing to do in the cold weather. Tell the others three reasons why. Tell them what is wrong with their activities. Also, tell the others which is the worst of these (and why): jogging, shopping or studying English.

## **Role C – Go Shopping**

You think going shopping is the best thing to do in the cold weather. Tell the others three reasons why. Tell them what is wrong with their activities. Also, tell the others which is the worst of these (and why): sleeping, jogging or studying English.

## **Role D – Study English**

You think studying English is the best thing to do in the cold weather. Tell the others three reasons why. Tell them what is wrong with their activities. Also, tell the others which is the worst of these (and why): sleeping, shopping or jogging.

# AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise.html>

**1. WORD SEARCH:** Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'exercise' and 'calories'.

<b>exercise</b>	<b>calories</b>
-----------------	-----------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

**2. ARTICLE QUESTIONS:** Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

**3. GAP FILL:** In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

**4. VOCABULARY:** Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

**5. TEST EACH OTHER:** Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none"><li>• essential</li><li>• risk</li><li>• jog</li><li>• reason</li><li>• energetic</li><li>• pump</li></ul>	<ul style="list-style-type: none"><li>• rate</li><li>• core</li><li>• slows</li><li>• fat</li><li>• suffer</li><li>• days</li></ul>
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# COLD-WEATHER EXERCISE SURVEY

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise.html>

Write five GOOD questions about cold-weather 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.

# COLD-WEATHER EXERCISE DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'exercise'?
3. How much exercise do you get?
4. How essential is exercise to keep us healthy?
5. What does exercise do to stress?
6. Do you prefer exercising in winter or summer?
7. What do you think of swimming in cold weather?
8. What do you do to look after your heart?
9. How often do you think about calories?
10. How can you boost your endurance?

*Cold weather exercise burns more calories – 29th February 2024*  
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# COLD-WEATHER EXERCISE DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'calories'?
13. What do you think about what you read?
14. What kinds of exercise would you like to do?
15. How does exercise make you feel?
16. Is it better to control calories by exercising or dieting?
17. What do you know about the metabolism?
18. What do you think of shorter, darker days?
19. Would you prefer to live close to or far from the equator?
20. What questions would you like to ask the doctor?

# DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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# DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise.html>

Everybody knows that exercise is (1) \_\_\_\_\_ to keep us healthy. It lowers the risk of heart disease, and helps us to maintain a healthy weight. It also reduces stress and (2) \_\_\_\_\_ us happier. Doctors say that exercising in cold weather is even better for us. Going for a jog or even a swim when it's (3) \_\_\_\_\_ or freezing outside has extra benefits for our physical and mental health. The reason for this is that the cold gives our heart a more (4) \_\_\_\_\_ workout. Dr Angela Pepdjonovic, from the Hospital for Special Surgery in New York, explained why. She said: "Your heart has to work a little bit harder to (5) \_\_\_\_\_ blood around your body...in the cold. This can help to boost your endurance (6) \_\_\_\_\_ time."

Dr Pepdjonovic said cold-weather workouts can help the body (7) \_\_\_\_\_ calories at a faster rate. She said: "As your body is required to work harder, to maintain its (8) \_\_\_\_\_ temperature, you actually increase your calorie burn by exercising in the cold." Physical activity in cold temperatures can boost our metabolism, which helps us (9) \_\_\_\_\_ weight. In the cold, our metabolism slows down, so we can preserve fat and keep warm. Another benefit is that (10) \_\_\_\_\_ in natural light helps to reduce our stress. This is especially so for people who suffer (11) \_\_\_\_\_ Seasonal Affective Disorder (S.A.D.). This is a type of depression caused by the shorter, darker days of winter. It is more common in people who live (12) \_\_\_\_\_ from the equator.

**Put the correct words from the table below in the above article.**

- |     |              |               |               |              |
|-----|--------------|---------------|---------------|--------------|
| 1.  | (a) essence  | (b) essential | (c) essay     | (d) essences |
| 2.  | (a) takes    | (b) makes     | (c) bakes     | (d) fakes    |
| 3.  | (a) chilling | (b) chilled   | (c) chilli    | (d) chilly   |
| 4.  | (a) energy   | (b) energetic | (c) emergency | (d) emerging |
| 5.  | (a) pulp     | (b) dump      | (c) dupe      | (d) pump     |
| 6.  | (a) for      | (b) in        | (c) over      | (d) on       |
| 7.  | (a) burn     | (b) fire      | (c) heat      | (d) cook     |
| 8.  | (a) sore     | (b) pore      | (c) core      | (d) more     |
| 9.  | (a) fail     | (b) forget    | (c) mislay    | (d) lose     |
| 10. | (a) being    | (b) beam      | (c) been      | (d) be       |
| 11. | (a) from     | (b) of        | (c) at        | (d) on       |
| 12. | (a) far      | (b) of        | (c) at        | (d) by       |



# SPELLING

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise.html>

## Paragraph 1

1. exercise is stesnaeil
2. tanmiina a healthy weight
3. a swim when it's illchy
4. extra stnebife
5. our alyhipcs and mental health
6. boost your naerenucd over time

## Paragraph 2

7. help the body burn cleoairs
8. core eemprrtutae
9. boost our abiemstlmo
10. ueredc our stress
11. This is a type of snoripeesd
12. people who live far from the qteoura

# PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise.html>

**Number these lines in the correct order.**

- ( ) a healthy weight. It also reduces stress and makes us happier. Doctors say that exercising in cold weather is even
- ( ) better for us. Going for a jog or even a swim when it's chilly or freezing outside has extra benefits for our physical
- ( ) Dr Pepdjonovic said cold-weather workouts can help the body burn calories at a faster rate. She said: "As your body is
- ( ) metabolism, which helps us lose weight. In the cold, our metabolism slows
- ( ) stress. This is especially so for people who suffer from Seasonal Affective Disorder (S.A.D.). This is a type of
- ( ) workout. Dr Angela Pepdjonovic, from the Hospital for Special Surgery in New York, explained
- ( ) exercising in the cold." Physical activity in cold temperatures can boost our
- ( ) down, so we can preserve fat and keep warm. Another benefit is that being in natural light helps to reduce our
- ( ) your body...in the cold. This can help to boost your endurance over time."
- ( **1** ) Everybody knows that exercise is essential to keep us healthy. It lowers the risk of heart disease, and helps us to maintain
- ( ) depression caused by the shorter, darker days of winter. It is more common in people who live far from the equator.
- ( ) required to work harder, to maintain its core temperature, you actually increase your calorie burn by
- ( ) and mental health. The reason for this is that the cold gives our heart a more energetic
- ( ) why. She said: "Your heart has to work a little bit harder to pump blood around

# PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise.html>

1. us Exercise essential healthy . to is keep
2. disease . the of It lowers heart risk
3. for weather cold Exercising us . better is in
4. The energetic workout . cold an heart our gives
5. to a pump bit Work harder little blood .
6. burns body a calories at The rate . faster
7. to Your is harder . body work required
8. boost metabolism . cold can our in Activity temperatures
9. caused by of type darker depression A days .
10. from the far who People equator . live

# CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise.html>

Everybody knows that exercise is essential to keep us *health / healthy*. It lowers the *risk / risky* of heart disease, and helps us to maintain a healthy weight. It also reduces stress and *makes / takes* us happier. Doctors say that exercising in cold weather is even better for *them / us*. Going for a jog or *even / ever* a swim when it's *chilly / chill* or freezing outside has extra benefits for our physical and mental health. The reason *from / for* this is that the cold gives our heart a more energetic workout. Dr Angela Pepdjonovic, from the Hospital for Special Surgery in New York, explained *what / why*. She said: "Your heart has to work a little bit harder *to / for* pump blood around your body...in the cold. This can help to *boast / boost* your endurance over time."

Dr Pepdjonovic said cold-weather workouts can help the body *burning / burn* calories at a faster rate. She said: "*Was / As* your body is required to work harder, to maintain its *core / care* temperature, you actually increase your calorie burn by exercising *in / on* the cold." Physical activity in cold temperatures can boost *their / our* metabolism, which helps us lose weight. In the cold, our metabolism *shows / slows* down, so we can preserve fat and keep warm. Another *beneficial / benefit* is that being in natural light helps to reduce our stress. This is especially *so / that* for people who suffer from Seasonal Affective Disorder (S.A.D.). This is a type of *depress / depression* caused by the shorter, darker days of winter. It is more common *on / in* people who live far from the equator.

**Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.**

# INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise.html>

\_v\_ryb\_dy kn\_ws th\_t \_x\_rc\_s\_ \_s \_ss\_nt\_\_l t\_ k\_\_p  
us h\_\_lthy. \_t l\_w\_rs th\_ r\_sk \_f h\_\_rt d\_s\_\_s\_, \_nd  
h\_lps us t\_ m\_\_nt\_\_n \_ h\_\_lthy w\_\_ght. \_t \_ls\_  
r\_duc\_s str\_ss \_nd m\_k\_s us h\_pp\_\_r. D\_ct\_rs s\_y th\_t  
\_x\_rc\_s\_ng \_n c\_ld w\_\_th\_r \_s \_v\_n b\_tt\_r f\_r us.  
G\_\_ng f\_r \_ j\_g \_r \_v\_n \_ sw\_m wh\_n \_t's ch\_lly \_r  
fr\_\_z\_ng \_uts\_d\_ h\_s \_xtr\_ b\_n\_f\_ts f\_r \_ur phys\_c\_l  
\_nd m\_nt\_l h\_\_lth. Th\_ r\_\_s\_n f\_r th\_s \_s th\_t th\_  
c\_ld g\_v\_s \_ur h\_\_rt \_ m\_r\_ \_n\_rg\_t\_c w\_rk\_ut. Dr  
\_ng\_l\_ P\_pdj\_n\_v\_c, fr\_m th\_ H\_sp\_t\_l f\_r Sp\_c\_\_l  
Surg\_ry \_n N\_w Y\_rk, \_xpl\_\_n\_d why. Sh\_ s\_\_d: "Y\_ur  
h\_\_rt h\_s t\_ w\_rk \_ lttl\_ b\_t h\_rdr t\_ pump bl\_\_d  
\_rund y\_ur b\_dy...\_n th\_ c\_ld. Th\_s c\_n h\_lp t\_ b\_\_st  
y\_ur \_ndur\_nc\_ \_v\_r t\_m\_."

Dr P\_pdj\_n\_v\_c s\_\_d c\_ld-w\_\_th\_r w\_rk\_uts c\_n h\_lp  
th\_ b\_dy burn c\_l\_r\_\_s \_t \_ f\_st\_r r\_t\_. Sh\_ s\_\_d:  
"\_s y\_ur b\_dy \_s r\_qu\_r\_d t\_ w\_rk h\_rdr, t\_  
m\_\_nt\_\_n \_ts c\_r\_ t\_mpr\_tur\_, y\_u \_ctu\_lly \_ncr\_\_s\_  
y\_ur c\_l\_r\_\_ burn by \_x\_rc\_s\_ng \_n th\_ c\_ld."  
Phys\_c\_l \_ct\_v\_ty \_n c\_ld t\_mpr\_tur\_s c\_n b\_\_st \_ur  
m\_t\_b\_l\_sm, wh\_ch h\_lps us l\_s\_ w\_\_ght. \_n th\_ c\_ld,  
\_ur m\_t\_b\_l\_sm sl\_ws d\_wn, s\_ w\_ c\_n pr\_s\_rv\_ f\_t  
\_nd k\_\_p w\_rm. \_n\_th\_r b\_n\_f\_t \_s th\_t b\_\_ng \_n  
n\_tur\_l l\_ght h\_lps t\_ r\_duc\_ \_ur str\_ss. Th\_s \_s  
\_sp\_c\_\_lly s\_ f\_r p\_\_pl\_ wh\_ suff\_r fr\_m S\_\_s\_n\_l  
\_ff\_ct\_v\_ D\_s\_rdr (S\_.D.). Th\_s \_s \_ typ\_ \_f  
d\_pr\_ss\_\_n c\_us\_d by th\_ sh\_rtr, d\_rkr d\_ys \_f  
w\_nt\_r. \_t \_s m\_r\_ c\_mmn \_n p\_\_pl\_ wh\_ l\_v\_ f\_r  
fr\_m th\_ \_qu\_t\_r.

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise.html>

everybody knows that exercise is essential to keep us healthy it lowers the risk of heart disease and helps us to maintain a healthy weight it also reduces stress and makes us happier doctors say that exercising in cold weather is even better for us going for a jog or even a swim when its chilly or freezing outside has extra benefits for our physical and mental health the reason for this is that the cold gives our heart a more energetic workout dr angela pepdjonovic from the hospital for special surgery in new york explained why she said your heart has to work a little bit harder to pump blood around your body in the cold this can help to boost your endurance over time

dr pepdjonovic said coldweather workouts can help the body burn calories at a faster rate she said as your body is required to work harder to maintain its core temperature you actually increase your calorie burn by exercising in the cold physical activity in cold temperatures can boost our metabolism which helps us lose weight in the cold our metabolism slows down so we can preserve fat and keep warm another benefit is that being in natural light helps to reduce our stress this is especially so for people who suffer from seasonal affective disorder sad this is a type of depression caused by the shorter darker days of winter it is more common in people who live far from the equator

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise.html>

Everybody knows that exercise is essential to keep us healthy. It lowers the risk of heart disease, and helps us to maintain a healthy weight. It also reduces stress and makes us happier. Doctors say that exercising in cold weather is even better for us. Going for a jog or even a swim when it's chilly or freezing outside has extra benefits for our physical and mental health. The reason for this is that the cold gives our heart a more energetic workout. Dr Angela Pepdjonovic, from the Hospital for Special Surgery in New York, explained why. She said: "Your heart has to work a little bit harder to pump blood around your body... in the cold. This can help to boost your endurance over time." Dr Pepdjonovic said cold-weather workouts can help the body burn calories at a fast rate. She said: "As your body is required to work harder, to maintain its core temperature, you actually increase your calorie burn by exercising in the cold." Physical activity in cold temperatures can boost our metabolism, which helps us lose weight. In the cold, our metabolism slows down, so we can preserve fat and keep warm. Another benefit is that being in nature all day helps to reduce our stress. This is especially so for people who suffer from Seasonal Affective Disorder (S.A.D.). This is a type of depression caused by the shorter, darker days of winter. It is more common in people who live far from the equator.







# HOMework

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

**3. COLD-WEATHER EXERCISE:** Make a poster about cold-weather exercise. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. COLD JOGGING:** Write a magazine article about requiring people to jog in the cold every morning. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

**5. WHAT HAPPENED NEXT?** Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**6. LETTER:** Write a letter to an expert on cold-weather exercise. Ask him/her three questions about it. Give him/her three of your opinions of exercising in the cold. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

1. e    2. c    3. b    4. f    5. a    6. g    7. d  
8. n    9. h    10. k    11. m    12. i    13. l    14. j

## TRUE / FALSE (p.5)

- 1 F    2 F    3 T    4 T    5 F    6 F    7 T    8 F

## SYNONYM MATCH (p.5)

1. f	2. i	3. b	4. c	5. g
6. e	7. a	8. j	9. d	10. h

## COMPREHENSION QUESTIONS (p.9)

1. Keeping us healthy
2. Our physical and mental health
3. An energetic workout
4. Blood
5. Our endurance
6. Its core temperature
7. Weight
8. Natural light
9. Shorter, darker days
10. The equator

## WORDS IN THE RIGHT ORDER (p.19)

1. Exercise is essential to keep us healthy.
2. It lowers the risk of heart disease.
3. Exercising in cold weather is better for us.
4. The cold gives our heart an energetic workout.
5. Work a little bit harder to pump blood.
6. The body burns calories at a faster rate.
7. Your body is required to work harder.
8. Activity in cold temperatures can boost our metabolism.
9. A type of depression caused by darker days.
10. People who live far from the equator.

## MULTIPLE CHOICE - QUIZ (p.10)

1. b    2. c    3. d    4. b    5. a    6. a    7. d    8. c    9. d    10. b

## ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.  
(It's good for your English ;-)