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Level 5

Sitting may be dangerous for your health

9th June, 2015

<http://www.breakingnewsenglish.com/1506/150609-sitting-5.html>

Contents

The Reading	2
Matching	3
Listening Gap Fill	4
Survey	5
Discussion	6
Writing	7

Please try Level 4 (easier) and the 26-page Level 6 (harder).

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THE READING

From <http://www.breakingnewsenglish.com/1506/150609-sitting-5.html>

If you spend most of the time sitting or stretched out on a couch, you may be taking up to two years off your life. It is well known that a sedentary lifestyle increases the risk of heart disease, diabetes, cancer and obesity, and can result in an early death. Many people think they can reduce this risk by walking, playing sports or going to the gym. Unfortunately, this might not be true. A new study just published suggests the effect on the length of our life from sitting for a long time cannot be reversed through exercise. Even 60 minutes of daily exercise may not be enough.

Dr David Alter and his colleagues at Toronto University looked at 47 studies that tracked different people. They all kept notes on how long they sat down and how much they exercised. The least active people had a 24% greater chance of dying than the active ones. This was true even if those who sat a lot also did 60 minutes of daily exercise. Dr Alter advised people to sit down by up to three hours less every day. He said we should stand up at your desk, take frequent breaks to stretch, or watch TV standing. This may be better than a gym, and be "just what the doctor ordered".

Sources: Article by Paul Alexy
<http://www.medicalnewstoday.com/articles/288333.php>
<http://www.independent.co.uk/life-style/health-and-families/health-news/spending-half-the-day-on-your-feet-reduces-risk-of-heart-attacks-and-cancer-study-says-10289633.html>
<http://www.medicaldaily.com/stand-your-office-work-6-ways-improve-health-your-desk-job-335914>

MATCHING

From <http://www.breakingnewsenglish.com/1506/150609-sitting-5.html>

PARAGRAPH ONE:

- | | |
|-----------------------------|----------------------------|
| 1. sitting or stretched | a. in an early death |
| 2. you may be taking up to | b. lifestyle |
| 3. a sedentary | c. published |
| 4. increases the risk | d. not be enough |
| 5. result | e. of our life |
| 6. A new study just | f. out on a couch |
| 7. the effect on the length | g. of heart disease |
| 8. daily exercise may | h. two years off your life |

PARAGRAPH TWO:

- | | |
|-------------------------------|-----------------------|
| 1. Dr David Alter and | a. of daily exercise |
| 2. 47 studies that tracked | b. breaks |
| 3. They all kept notes on how | c. different people |
| 4. a 24% greater | d. ordered |
| 5. 60 minutes | e. his colleagues |
| 6. Dr Alter advised | f. chance of dying |
| 7. take frequent | g. long they sat down |
| 8. just what the doctor | h. people to sit down |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1506/150609-sitting-5.html>

If you (1) _____ time sitting or stretched out on a couch, you may (2) _____ two years off your life. It is well known that a sedentary lifestyle (3) _____ of heart disease, diabetes, cancer and obesity, and can result in an early death. Many people think they can reduce this risk by walking, playing sports or going to the gym. Unfortunately, (4) _____ true. A new study just published suggests (5) _____ length of our life from sitting for a long time cannot be reversed through exercise. Even 60 minutes of daily exercise (6) _____.

Dr David Alter (7) _____ Toronto University looked at 47 studies that tracked different people. They (8) _____ how long they sat down and how much they exercised. The least active people had a 24% (9) _____ dying than the active ones. This was true even if those who sat a lot also did 60 minutes of daily exercise. Dr Alter advised people to sit (10) _____ three hours less every day. He said we should stand (11) _____, take frequent breaks to stretch, or watch TV standing. This may be better than a gym, and (12) _____ doctor ordered".

SITTING SURVEY

From <http://www.breakingnewsenglish.com/1506/150609-sitting-5.html>

Write five GOOD questions about sitting 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)

g)

h)

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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)

g)

h)

