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Level 4

Weekend-only exercise enough to live longer

12th January, 2017

<http://www.breakingnewsenglish.com/1701/170112-weekend-warrior-4.html>

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Please try Levels 5 and 6. They are (a little) harder.

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THE READING

From <http://www.breakingnewsenglish.com/1701/170112-weekend-warrior-4.html>

There is good news for 'weekend warriors' – those who only exercise at weekends. Weekend exercise is enough to help you live longer. Researchers found that the benefits from exercising daily or at the weekends were almost the same, as long as enough calories are burnt. Weekend warriors can lower their risk of dying from cardiovascular diseases by 41 per cent and from cancer by 18 per cent.

The article is based on a survey of 64,000 adults. Researchers recommended 150 minutes of moderate activity or 75 minutes of vigorous activity once or twice a week. They said: "The...study suggests that less frequent bouts of activity, which might be more easily fit into a busy lifestyle, offer considerable health benefits." They added that: "Physical activity frequency as low as one or two sessions per week was associated with lower mortality."

Sources: <http://www.bbc.com/news/health-38560616>
<http://www.livescience.com/57425-weekend-warrior-exercise-health.html>
<http://www.heart.co.uk/news/uk-world/weekend-warriors-exercising-even-just-once-a/>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1701/170112-weekend-warrior-4.html>

PARAGRAPH ONE:

- | | |
|-------------------------------|---------------------|
| 1. good | a. enough |
| 2. those who only exercise | b. diseases |
| 3. Weekend exercise is | c. exercising daily |
| 4. help you live | d. at weekends |
| 5. the benefits from | e. are burnt |
| 6. almost the | f. longer |
| 7. as long as enough calories | g. same |
| 8. cardiovascular | h. news |

PARAGRAPH TWO:

- | | |
|------------------------------|--------------------------|
| 1. The article is based on a | a. into a busy lifestyle |
| 2. Researchers recommended | b. once or twice a week |
| 3. moderate | c. 150 minutes |
| 4. vigorous activity | d. mortality |
| 5. less frequent bouts | e. survey |
| 6. be more easily fit | f. of activity |
| 7. considerable health | g. activity |
| 8. associated with lower | h. benefits |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1701/170112-weekend-warrior-4.html>

There is good news (1) _____ warriors' – those who only exercise at weekends. Weekend exercise (2) _____ help you live longer. Researchers found (3) _____ from exercising daily or at the weekends were almost the same, (4) _____ calories are burnt. Weekend warriors (5) _____ risk of dying from cardiovascular diseases by 41 per cent and (6) _____ 18 per cent.

The article (7) _____ survey of 64,000 adults. Researchers recommended 150 (8) _____ activity or 75 minutes of vigorous activity once (9) _____. They said: "The...study suggests that less frequent (10) _____, which might be more easily fit into a busy lifestyle, offer considerable health benefits." They added that: "(11) _____ frequency as low as one or two sessions per week was associated with (12) _____."

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1701/170112-weekend-warrior-4.html>

There is good news for 'weekend warriors' – those who only exercise at weekends. Weekend exercise is enough to help you live longer. Researchers found that the benefits from exercising daily or at the weekends were almost the same, as long as enough calories are burnt. Weekend warriors can lower their risk of dying from cardiovascular diseases by 41 percent and from cancer by 18 percent. The article is based on a survey of 64,000 adults. Researchers recommended 150 minutes of moderate activity or 75 minutes of vigorous activity once or twice a week. They said: "The... study suggests that less frequent bouts of activity, which might be more easily fit into a busy lifestyle, offer considerable health benefits." They added that: "Physical activity frequency as low as one or two sessions per week was associated with lower mortality."

EXERCISE SURVEY

From <http://www.breakingnewsenglish.com/1701/170112-weekend-warrior-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) _____

Weekend-only exercise enough to live longer – Exercise, 2017
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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) _____

