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Level 5

Weekend-only exercise enough to live longer

12th January, 2017

<http://www.breakingnewsenglish.com/1701/170112-weekend-warrior-5.html>

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Please try Levels 4 and 6. They are (a little) harder.

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THE READING

From <http://www.breakingnewsenglish.com/1701/170112-weekend-warrior-5.html>

There is good news for 'weekend warriors' – people who only exercise at the weekend. Doing your recommended exercise at the weekend is enough to help you live longer. Researchers from universities in Loughborough and Sydney found that the health benefits from working out daily or at the weekends were almost the same, as long as people burnt enough calories. Weekend warriors can lower their risk of dying from cardiovascular diseases by 41 per cent and from cancer by 18 per cent. Those who exercised more regularly reduced their risks by 41% and 21%.

The article is published in the journal 'JAMA Internal Medicine'. It is based on a survey of 64,000 adults aged over 40. The researchers recommended people do at least 150 minutes of moderate activity or 75 minutes of vigorous activity once or twice a week. They said: "The present study suggests that less frequent bouts of activity, which might be more easily fit into a busy lifestyle, offer considerable health benefits." They added: "A particularly encouraging finding was that a 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-5.html>

PARAGRAPH ONE:

- | | |
|-----------------------------|--------------------|
| 1. good | a. same |
| 2. people who only exercise | b. exercise |
| 3. Doing your recommended | c. benefits |
| 4. enough to help | d. news |
| 5. health benefits | e. enough calories |
| 6. almost the | f. diseases |
| 7. as long as people burnt | g. at the weekend |
| 8. cardiovascular | h. you live longer |

PARAGRAPH TWO:

- | | |
|----------------------------|-------------------------|
| 1. published in the | a. or twice a week |
| 2. based on a | b. over 40 |
| 3. adults aged | c. activity |
| 4. recommended people do | d. mortality |
| 5. vigorous | e. journal |
| 6. once | f. a busy lifestyle |
| 7. be more easily fit into | g. survey |
| 8. associated with lower | h. at least 150 minutes |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1701/170112-weekend-warrior-5.html>

There (1) _____ 'weekend warriors' – people who only exercise at the weekend. Doing your recommended exercise at the weekend is (2) _____ you live longer. Researchers from universities in Loughborough and Sydney found (3) _____ benefits from working out daily or at the weekends were (4) _____, as long as people burnt enough calories. Weekend warriors can lower their risk of dying (5) _____ diseases by 41 per cent and from cancer by 18 per cent. Those who exercised (6) _____ reduced their risks by 41% and 21%.

The article is (7) _____ journal 'JAMA Internal Medicine'. It is based on a survey of 64,000 (8) _____ 40. The researchers recommended people (9) _____ 150 minutes of moderate activity or 75 minutes of vigorous activity once or twice a week. They said: "The present study suggests (10) _____ bouts of activity, which might be more easily (11) _____ lifestyle, offer considerable health benefits." They added: "A particularly encouraging finding was that a physical activity frequency as low as one or two sessions per week (12) _____ lower mortality."

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1701/170112-weekend-warrior-5.html>

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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) _____

WRITING

From <http://www.breakingnewsenglish.com/1701/170112-weekend-warrior-5.html>

Write about **exercise** for 10 minutes. Read and talk about your partner's paper.
