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**Level 5 – 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-5.html>

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

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# THE READING

From <https://breakingnewsenglish.com/2309/230918-high-blood-pressure-5.html>

Hypertension (or high blood pressure) is the leading preventable cause of heart disease. It affects 1.3 billion people worldwide. New guidelines from a hypertension society include daily meditation for 45 minutes to reduce blood pressure. It says "body and mind" goals should be adopted in conjunction with established advice, like cutting down on salt, limiting alcohol intake, and exercising regularly. The study author told the BBC that meditating sounds a bit "fluffy," but evidence shows it makes, "an important contribution to reducing the effects of stress on the cardiovascular system".

Hypertension is referred to as a "silent killer" because we rarely see symptoms. It increases the risk of heart disease, heart failure, and stroke. It kills around 10 million people annually. Nearly 30 percent of people worldwide struggle with it. The author said: "All of us need to take a step back and...decompress and just relax." The American Heart Association also says meditating can lower blood pressure through "restful alertness". The association reports that 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-5.html>

## PARAGRAPH ONE:

- |                                  |                         |
|----------------------------------|-------------------------|
| 1. the leading preventable       | a. and mind goals       |
| 2. It affects 1.3 billion people | b. on salt              |
| 3. New guidelines from a         | c. regularly            |
| 4. body                          | d. hypertension society |
| 5. in conjunction with           | e. a bit "fluffy"       |
| 6. cutting down                  | f. cause                |
| 7. exercising                    | g. established advice   |
| 8. meditating sounds             | h. worldwide            |

## PARAGRAPH TWO:

- |                                      |                         |
|--------------------------------------|-------------------------|
| 1. Hypertension is referred to as    | a. of heart disease     |
| 2. we rarely                         | b. lower blood pressure |
| 3. It increases the risk             | c. with it              |
| 4. It kills around 10 million people | d. a step back          |
| 5. people worldwide struggle         | e. a "silent killer"    |
| 6. All of us need to take            | f. just relax           |
| 7. decompress and                    | g. see symptoms         |
| 8. meditating can                    | h. annually             |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2309/230918-high-blood-pressure-5.html>

Hypertension (or high blood pressure) (1) \_\_\_\_\_ preventable cause of heart disease. It affects 1.3 billion people worldwide. New guidelines from a hypertension (2) \_\_\_\_\_ meditation for 45 minutes to reduce blood pressure. It says "(3) \_\_\_\_\_" goals should be adopted in conjunction with established advice, like cutting down on salt, limiting alcohol intake, and exercising regularly. The (4) \_\_\_\_\_ the BBC that meditating sounds (5) \_\_\_\_\_ but evidence shows it makes, "an important contribution to reducing the (6) \_\_\_\_\_ on the cardiovascular system".

Hypertension is referred to as (7) \_\_\_\_\_ because we rarely see symptoms. It (8) \_\_\_\_\_ of heart disease, heart failure, and stroke. It kills around 10 million people annually. Nearly 30 percent of people worldwide (9) \_\_\_\_\_. The author said: "All of us need to take a step back and...(10) \_\_\_\_\_ relax." The American Heart Association also says meditating can lower blood pressure (11) \_\_\_\_\_. The association reports that many studies show that "quieting the (12) \_\_\_\_\_ cardiovascular system.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2309/230918-high-blood-pressure-5.html>

Hypertension (or high blood pressure) is the leading preventable cause of heart disease. It affects 1.3 billion people worldwide. New guidelines from the American Heart Association included daily meditation for 45 minutes to reduce blood pressure. It says "body and mind" goals should be adopted in conjunction with established advice, like cutting down on salt, limiting alcohol intake, and exercising regularly. The study author told the BBC that meditating sounds a bit "fluffy," but evidence shows it makes "an important contribution to reducing the effects of stress on the cardiovascular system". Hypertension is referred to as a "silent killer" because we rarely see symptoms. It increases the risk of heart disease, heart failure, and stroke. It kills around 10 million people annually. Nearly 30 percent of people worldwide struggle with it. The authors said: "All of us need to take a step back and ... decompress and just relax." The American Heart Association also says meditating can lower blood pressure through "restful alertness". The association reports that 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) \_\_\_\_\_

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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) \_\_\_\_\_

