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Level 6

Weekend-only exercise enough to live longer

12th January, 2017

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

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Please try Levels 5 and 4 (they are easier).

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THE ARTICLE

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

There is good news for those who only have time to exercise at the weekend – the so-called 'weekend warriors'. Cramming your recommended weekly exercise into several weekend sessions is sufficient to help you live longer. Researchers from Loughborough University and the University of Sydney found that there were few differences in health benefits from working out daily or only at the weekends as long as people burnt enough calories. The researchers discovered that weekend warriors lowered their risk of dying from cardiovascular diseases by 41 per cent and from cancer by 18 per cent, compared with those who did no exercise. Those who exercised regularly reduced their risks by 41% and 21%.

The researchers' article is published in the journal 'JAMA Internal Medicine'. Their findings are based on a survey of around 64,000 adults aged over 40. The researchers recommended people engage in a total of at least 150 minutes of moderate-intensity 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 risks."

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/>

WARM-UPS

1. EXERCISE: Students walk around the class and talk to other students about 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?

good news / weekend / warriors / weekly / differences / health benefits / cardiovascular / researchers / article / survey / activity / frequent / busy / lifestyle / encouraging / risks

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

3. COMPULSORY: Students A **strongly** believe daily exercise should be compulsory; Students B **strongly** believe otherwise. Change partners again and talk about your conversations.

4. ACTIVITIES: What kind of activities could people do at these times / places? Complete this table with your partner(s). Change partners often and share what you wrote.

	Activities	Pros	Cons
After waking up			
In the shower			
In the shopping mall			
Lunch time			
After work / school			
On the train / bus			

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

6. EXERCISE: Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- walking
- aerobics
- dancing
- swimming
- cycling
- tennis
- hiking
- weight training

BEFORE READING / LISTENING

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

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

- a. The article brings good news for weekend warriors. **T / F**
- b. The research was conducted by two different universities. **T / F**
- c. Daily exercise and working out at weekends brings similar benefits. **T / F**
- d. Those who exercised regularly reduced risks of cancer by 41%. **T / F**
- e. Researchers looked at the health of about 64,000 adults. **T / F**
- f. Researchers recommended 150 minutes of vigorous exercise a day. **T / F**
- g. Researchers said it was impossible to exercise with a busy lifestyle. **T / F**
- h. Exercise just once or twice a week increased mortality risks. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|------------------------|----------------|
| 1. warriors | a. participate |
| 2. recommended | b. enough |
| 3. sufficient | c. promising |
| 4. burnt | d. issued |
| 5. reduced | e. advised |
| 6. published | f. sizeable |
| 7. survey | g. lowered |
| 8. engage | h. fighters |
| 9. considerable | i. study |
| 10. encouraging | j. used up |

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

- | | |
|-----------------------------|------------------------------|
| 1. the so- | a. one or two sessions |
| 2. several weekend | b. diseases |
| 3. health benefits from | c. risks by 41% |
| 4. cardiovascular | d. activity |
| 5. reduced their | e. with lower mortality |
| 6. 75 minutes of vigorous | f. called 'weekend warriors' |
| 7. might be more easily fit | g. encouraging |
| 8. particularly | h. working out daily |
| 9. frequency as low as | i. sessions is sufficient |
| 10. associated | j. into a busy lifestyle |

GAP FILL

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

There is good news for those who only have time to exercise at the weekend – the so-(1) _____ 'weekend warriors'. Cramming your recommended weekly exercise into (2) _____ weekend sessions is sufficient to help you live longer. Researchers from Loughborough University and the University of Sydney found that there were (3) _____ differences in health benefits from working out (4) _____ or only at the weekends as long as people (5) _____ enough calories. The researchers discovered that weekend warriors lowered their risk of dying from cardiovascular (6) _____ by 41 per cent and from cancer by 18 per cent, (7) _____ with those who did no exercise. Those who exercised regularly reduced their (8) _____ by 41% and 21%.

burnt
few
called
risks
daily
compared
several
diseases

The researchers' article is (9) _____ in the journal 'JAMA Internal Medicine'. Their findings are based on a (10) _____ of around 64,000 adults aged over 40. The researchers recommended people engage in a (11) _____ of at least 150 minutes of moderate-intensity activity or 75 minutes of (12) _____ activity once or twice a week. They said: "The present study suggests that less frequent (13) _____ of activity, which might be more easily (14) _____ into a busy lifestyle, offer considerable health benefits." They added: "A particularly (15) _____ finding was that a physical activity frequency as low as one or two sessions per week was associated with lower (16) _____ risks."

encouraging
survey
vigorous
fit
published
mortality
bouts
total

LISTENING – Guess the answers. Listen to check.

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

- 1) those who only have time to exercise at the weekend – _____ 'weekend warriors'
 - a. the such-called
 - b. the so-calling
 - c. the now-called
 - d. the so-called
- 2) Cramming your recommended weekly exercise into several weekend _____
 - a. sessions is sufficiently
 - b. sessions are sufficiency
 - c. sessions is sufficient
 - d. sessions were sufficient
- 3) benefits from working out daily or only at the weekends as long as people _____
 - a. burn enough calories
 - b. burnt enough calories
 - c. burn it enough calorie
 - d. burning enough calories
- 4) weekend warriors lowered their risk of dying from _____ diseases
 - a. cardiovascular
 - b. cardio muscular
 - c. cardiac muscular
 - d. cardiology insular
- 5) Those who exercised regularly reduced their _____
 - a. risky by 41%
 - b. risque by 41%
 - c. risked by 41%
 - d. risks by 41%
- 6) published in the journal 'JAMA _____'
 - a. Intern All Medicine
 - b. Internal Medicine
 - c. Internally Medicine
 - d. External Medicine
- 7) Their findings are based on a survey of around 64,000 adults _____
 - a. ages over 40
 - b. age over 40
 - c. ageless over 40
 - d. aged over 40
- 8) 150 minutes of moderate-intensity activity or 75 minutes of _____
 - a. viscous activity
 - b. vigorous activity
 - c. vacuous activity
 - d. virtuous activity
- 9) be more easily fit into a busy lifestyle, offer considerable _____
 - a. health beneficial
 - b. healthy benefit
 - c. healthy beneficial
 - d. health benefits
- 10) one or two sessions per week was associated with lower _____
 - a. more totality risks
 - b. mortality risks
 - c. mortal at tea risks
 - d. mortal a tea risks

LISTENING – Listen and fill in the gaps

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

There is good news for those who (1) _____ to exercise at the weekend – the so-called 'weekend warriors'. Cramming your recommended weekly (2) _____ several weekend sessions is sufficient to help (3) _____. Researchers from Loughborough University and the University of Sydney found that there were few differences in health benefits (4) _____ daily or only at the weekends as long as people burnt enough calories. The researchers discovered that weekend warriors lowered (5) _____ dying from cardiovascular diseases by 41 per cent and from cancer by 18 per cent, compared with (6) _____ exercise. Those who exercised regularly reduced their risks by 41% and 21%.

The researchers' article (7) _____ the journal 'JAMA Internal Medicine'. Their findings (8) _____ survey of around 64,000 adults aged over 40. The researchers recommended people engage in a total of at least 150 minutes of moderate-intensity (9) _____ minutes of vigorous activity once or twice a week. They said: "The present study suggests that less (10) _____ of activity, which might be more easily fit into a busy lifestyle, (11) _____ health benefits." They added: "A particularly encouraging finding was that a physical activity frequency (12) _____ or two sessions per week was associated with lower mortality risks."

COMPREHENSION QUESTIONS

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

1. What kind of news did the article say there was?
2. How many weekend sessions did the article say was sufficient to cram in?
3. How many universities conducted the research?
4. What did researchers say people had to burn enough of?
5. By how much did regular exercisers reduce their risk of cancer?
6. How many adults did researchers look at?
7. What kind of activity did researchers suggest 150 minutes of?
8. How many minutes of vigorous activity did researchers recommend?
9. What might be fit into a busy lifestyle?
10. What did researchers say 1 or 2 sessions a week was associated with?

MULTIPLE CHOICE - QUIZ

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

- 1) What kind of news did the article say there was?
 - a) health
 - b) exercise
 - c) good
 - d) world
- 2) How many weekend sessions did the article say was sufficient to cram in?
 - a) several
 - b) many
 - c) seven
 - d) ten
- 3) How many universities conducted the research?
 - a) 1
 - b) 2
 - c) 3
 - d) 4
- 4) What did researchers say people had to burn enough of?
 - a) fuel
 - b) wood
 - c) coal
 - d) calories
- 5) By how much did regular exercisers reduce their risk of cancer?
 - a) 12%
 - b) 18%
 - c) 21%
 - d) 41%
- 6) How many adults did researchers look at?
 - a) a little more than 64,000
 - b) around 64,000
 - c) exactly 64,000
 - d) just fewer than 64,000
- 7) What kind of activity did researchers suggest 150 minutes of?
 - a) vigorous activity
 - b) walking
 - c) enjoyable activity
 - d) moderate-intensity activity
- 8) How many minutes of vigorous activity did researchers recommend?
 - a) 65
 - b) 75
 - c) 105
 - d) 120
- 9) What might be fit into a busy lifestyle?
 - a) vigorous activity
 - b) less frequent bouts of activity
 - c) yoga
 - d) running and swimming
- 10) What did researchers say 1 or 2 sessions a week was associated with?
 - a) lower mortality risks
 - b) better eating
 - c) a healthy appetite
 - d) pain

ROLE PLAY

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

Role A – Walking

You think walking is the best exercise. Tell the others three reasons why. Tell them what is wrong with their kinds of exercise. Also, tell the others which is the worst of these (and why): dancing, aerobics or weight training.

Role B – Dancing

You think dancing is the best exercise. Tell the others three reasons why. Tell them what is wrong with their kinds of exercise. Also, tell the others which is the worst of these (and why): walking, aerobics or weight training.

Role C – Aerobics

You think aerobics is the best exercise. Tell the others three reasons why. Tell them what is wrong with their kinds of exercise. Also, tell the others which is the worst of these (and why): dancing, walking or weight training.

Role D – Weight Training

You think weight training is the best exercise. Tell the others three reasons why. Tell them what is wrong with their kinds of exercise. Also, tell the others which is the worst of these (and why): dancing, aerobics or walking.

AFTER READING / LISTENING

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

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

weekend	warrior
----------------	----------------

- 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">• good• several• few• long• dying• 21%	<ul style="list-style-type: none">• published• 40• 75• less• fit• associated
---	---

EXERCISE SURVEY

From <http://www.BreakingNewsEnglish.com/1701/170112-weekend-warrior.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.

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 springs to mind when you hear the word 'exercise'?
3. What do you think about what you read?
4. How good are you at exercising?
5. How could you fit more exercise into your day?
6. Who is the fittest person you know?
7. What exercise would you like to do if you had time?
8. What do you think of the term 'weekend warrior'?
9. Is it better to exercise every day or a few times a week?
10. How healthy do you think you are?

Weekend-only exercise enough to live longer – Exercise, 2017
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EXERCISE DISCUSSION

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

11. Did you like reading this article? Why/not?
12. Would you like to read the article?
13. What kind of exercise is moderate activity?
14. What kind of exercise is vigorous activity?
15. Is being busy a good exercise?
16. How busy is your lifestyle?
17. What is your favourite kind of exercise, and why?
18. Why are people exercising less these days?
19. What advice do you have for 'weekend warriors'?
20. What questions would you like to ask the researchers?

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

There is good news for (1) _____ who only have time to exercise at the weekend – the so-called 'weekend warriors'. Cramming your recommended weekly exercise into (2) _____ weekend sessions is sufficient to help you live longer. Researchers from Loughborough University and the University of Sydney found that there were few differences (3) _____ health benefits from working (4) _____ daily or only at the weekends as long as people burnt enough calories. The researchers discovered that weekend warriors (5) _____ their risk of dying from cardiovascular diseases by 41 per cent and from cancer by 18 per cent, compared (6) _____ those who did no exercise. Those who exercised regularly reduced their risks by 41% and 21%.

The researchers' article is published in the (7) _____ 'JAMA Internal Medicine'. Their findings are based on a survey of around 64,000 adults aged over 40. The researchers recommended people (8) _____ in a total of at least 150 minutes of moderate-(9) _____ activity or 75 minutes of vigorous activity once or twice a week. They said: "The present study suggests that less frequent (10) _____ of activity, which might be more easily (11) _____ 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 (12) _____ risks."

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

- | | | | | |
|-----|---------------|---------------|---------------|---------------|
| 1. | (a) these | (b) them | (c) they | (d) those |
| 2. | (a) severance | (b) servile | (c) severe | (d) several |
| 3. | (a) to | (b) in | (c) at | (d) on |
| 4. | (a) up | (b) on | (c) out | (d) in |
| 5. | (a) downed | (b) fell | (c) lowered | (d) plummeted |
| 6. | (a) with | (b) at | (c) of | (d) on |
| 7. | (a) diary | (b) journal | (c) memo | (d) notes |
| 8. | (a) engage | (b) wed | (c) betroth | (d) marry |
| 9. | (a) intense | (b) intensity | (c) intensely | (d) intensive |
| 10. | (a) boots | (b) boats | (c) bouts | (d) boost |
| 11. | (a) fitting | (b) fitted | (c) fit | (d) fitter |
| 12. | (a) morality | (b) immoral | (c) immortal | (d) mortality |

SPELLING

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

Paragraph 1

1. your enmmrceeodd weekly exercise
2. aeervsl weekend sessions
3. sfuietnicf to help you live longer
4. health nfeteibs
5. people burnt enough rocsiael
6. Those who exercised ylaerlurg

Paragraph 2

7. published in the aljonru
8. uoisogvr activity
9. dbnaisceleor health benefits
10. A particularly nconauggire finding
11. nfeqcyeru as low as one or two
12. caedassoit with lower mortality risks

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () total of at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous activity once
- (**1**) There is good news for those who only have time to exercise at the weekend – the so-
- () long as people burnt enough calories. The researchers discovered that weekend warriors lowered their
- () as one or two sessions per week was associated with lower mortality risks."
- () that there were few differences in health benefits from working out daily or only at the weekends as
- () risk of dying from cardiovascular diseases by 41 per cent and from cancer by 18 per cent, compared
- () benefits." They added: "A particularly encouraging finding was that a physical activity frequency as low
- () or twice a week. They said: "The present study suggests that less frequent bouts
- () on a survey of around 64,000 adults aged over 40. The researchers recommended people engage in a
- () of activity, which might be more easily fit into a busy lifestyle, offer considerable health
- () to help you live longer. Researchers from Loughborough University and the University of Sydney found
- () The researchers' article is published in the journal 'JAMA Internal Medicine'. Their findings are based
- () with those who did no exercise. Those who exercised regularly reduced their risks by 41% and 21%.
- () called 'weekend warriors'. Cramping your recommended weekly exercise into several weekend sessions is sufficient

PUT THE WORDS IN THE RIGHT ORDER

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

1. exercise weekend only to the who time at Those have .
2. exercise Weekly sessions weekend several into .
3. in out health daily benefits Few from differences working .
4. 41% risk diseases of by dying Lowered from their cardiovascular .
5. exercised reduced risks who regularly their Those .
6. on findings 64,000 around a are adults survey based Their of .
7. least People a at minutes in of 150 engage total .
8. minutes activity twice 75 vigorous or week of once a .
9. busy lifestyle Activity which might be more easily fit into a .
10. frequency as low as one or two sessions A physical activity .

CIRCLE THE CORRECT WORD (20 PAIRS)

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

There is good news for *them / those* who only have time to exercise at the weekend – the so-called 'weekend warriors'. *Cramming / Clamming* your recommended weekly exercise *into / onto* several weekend sessions is *sufficiently / sufficient* to help you *live / alive* longer. Researchers from Loughborough University and the University of Sydney found that there were few *difference / differences* in health benefits from working *up / out* daily or only at the weekends as long as people *burning / burnt* enough calories. The researchers discovered that weekend warriors lowered their *risk / risky* of dying from cardiovascular diseases by 41 per cent and from cancer by 18 per cent, compared with those who did no exercise. Those who exercised *regularly / regular* reduced their risks by 41% and 21%.

The researchers' article is *published / publishing* in the journal 'JAMA Internal Medicine'. Their findings are based *to / on* a survey of around 64,000 adults *aged / age* over 40. The researchers recommended people engage in a *total / totally* of at least 150 minutes of moderate-intensity activity or 75 minutes of *victorious / vigorous* activity once or twice a week. They said: "The present study *suggest / suggests* that less frequent *bouts / boots* of activity, which might be more *easily / easy* fit into a busy lifestyle, offer considerable health benefits." They added: "A *particular / particularly* encouraging finding was that a physical activity frequency as low as one or two sessions per week was associated with lower *mortality / mortal* risks."

Talk about the connection between each pair of words in italics, and why the correct word is correct.

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

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

Th_r_ _s g__d n_ws f_r th_s_ wh_ _nly h_v_ t_m_ t_ _x_rc_s_ _t th_ w__k_nd - th_ s_-c_ll_d 'w__k_nd w_rr__rs'. Cr_mm_ng y__r r_c_mm_nd_d w__kly _x_rc_s_ _nt_s v_r_l w__k_nd s_ss__ns _s s_ff_c__nt t_ h_lp y__ l_v_ l_ng_r. R_s__rch_rs fr_m L__ghb_r__gh _n_v_rs_ty _nd th_ _n_v_rs_ty _f Sydn_y f__nd th_t th_r_ w_r_ f_w d_ff_r_nc_s _n h__lth b_n_f_ts fr_m w_rk_ng __t d__ly _r_nly _t th_ w__k_nds _s l_ng _s p__pl_ b_rnt _n__gh c_l_r__s. Th_ r_s__rch_rs d_sc_v_r_d th_t w__k_nd w_rr__rs l_w_r_d th_r r_sk _f dy_ng fr_m c_rd__v_sc_l_r d_s__s_s by 41 p_r c_nt _nd fr_m c_nc_r by 18 p_r c_nt, c_mpr_d w_th th_s_ wh_ d_d n_ _x_rc_s_. Th_s_ wh_ _x_rc_s_d r_g_l_rly r_d_c_d th__r r_sks by 41% _nd 21%.

Th_ r_s__rch_rs' _rt_cl_ _s p_bl_sh_d _n th_ j__rn_l 'J_M__nt_rn_l M_d_c_n_'. Th__r f_nd_ngs _r_b_s_d _n _s_rv_y _f_r__nd 64,000 _d_lts _g_d_v_r 40. Th_ r_s__rch_rs r_c_mm_nd_d p__pl_ _ng_g_ _n _t_t_l_f _t l__st 150 m_n_t_s _f m_d_r_t_-nt_ns_ty _ct_v_ty _r 75 m_n_t_s _f v_g_r__s _ct_v_ty _nc__r tw_c_ _w__k. Th_y s__d: "Th_ pr_s_nt st_dy s_gg_sts th_t l_ss fr_q__nt b__ts _f _ct_v_ty, wh_ch m_ght b_ m_r__s_ly f_t _nt_ _b_sy l_fstyl_, _ff_r c_ns_d_r_bl_ h__lth b_n_f_ts." Th_y _dd_d: "_ p_rt_c_l_rly _nc__r_g_ng f_nd_ng w_s th_t _ phys_c_l _ct_v_ty fr_q__ncy _s l_w _s_n_ _r tw_ s_ss__ns p_r w__k w_s _ss_c__t_d w_th l_w_r m_rt_l_ty r_sks."

PUNCTUATE THE TEXT AND ADD CAPITALS

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

there is good news for those who only have time to exercise at the weekend – the so-called 'weekend warriors' cramming your recommended weekly exercise into several weekend sessions is sufficient to help you live longer researchers from loughborough university and the university of sydney found that there were few differences in health benefits from working out daily or only at the weekends as long as people burnt enough calories the researchers discovered that weekend warriors lowered their risk of dying from cardiovascular diseases by 41 per cent and from cancer by 18 per cent compared with those who did no exercise those who exercised regularly reduced their risks by 41% and 21%

the researchers' article is published in the journal 'jama internal medicine' their findings are based on a survey of around 64000 adults aged over 40 the researchers recommended people engage in a total of at least 150 minutes of moderate-intensity 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 risks"

PUT A SLASH (/) WHERE THE SPACES ARE

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

There is good news for those who only have time to exercise at the weekend – these so-called 'weekend warriors'. Cramping your recommended weekly exercise into several weekend sessions is sufficient to help you live longer. Researchers from Loughborough University and the University of Sydney found that there were few differences in health benefits from working out daily or only at the weekends as long as people burnt enough calories. The researchers discovered that weekend warriors lowered their risk of dying from cardiovascular diseases by 41 percent and from cancer by 18 percent, compared with those who did no exercise. Those who exercised regularly reduced their risks by 41% and 21%. The researchers' article is published in the journal JAMA Internal Medicine. Their findings are based on a survey of around 64,000 adults aged over 40. The researchers recommended people engage in a total of at least 150 minutes of moderate-intensity 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 risks."

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 exercise. Share what you discover with your partner(s) in the next lesson.

3. CARDIOVASCULAR DISEASE: Make a poster about cardiovascular disease. Show your work to your classmates in the next lesson. Did you all have similar things?

4. DAILY EXERCISE: Write a magazine article about compulsory daily exercise. Include imaginary interviews with people who are for and against it.

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 exercise. Ask him/her three questions about it. Give him/her three of your ideas on how we can exercise more each day. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a T b T c T d F e T f F g F h F

SYNONYM MATCH (p.4)

- | | |
|-----------------|----------------|
| 1. warriors | a. fighters |
| 2. recommended | b. advised |
| 3. sufficient | c. enough |
| 4. burnt | d. used up |
| 5. reduced | e. lowered |
| 6. published | f. issued |
| 7. survey | g. study |
| 8. engage | h. participate |
| 9. considerable | i. sizeable |
| 10. encouraging | j. promising |

COMPREHENSION QUESTIONS (p.8)

1. Good news
2. Several
3. Two
4. Calories
5. 21%
6. Around 64,000
7. Moderate-intensity activity
8. 75 minutes
9. Less frequent bouts of activity
10. Lower mortality risks

MULTIPLE CHOICE - QUIZ (p.9)

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

ALL OTHER EXERCISES

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