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Level 5

Exercise is contagious because of social media

22nd April, 2017

<http://www.breakingnewsenglish.com/1704/170422-exercise-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/1704/170422-exercise-5.html>

A study shows that physical activity is 'contagious' because of social media. Researchers at the Massachusetts Institute of Technology found that people who post details of their exercise patterns on social media sites motivate other people to be more active. Researchers tracked the exercise routines of 1.1 million runners over a five-year period. They looked at the runners' social network use, distance, time, speed and the calories burned. The researchers concluded that sharing exercise data on social media can inspire others to exercise more, harder and more competitively.

The study includes accounts of how reading about a friend's exercise can be inspiring. It said: "An additional kilometre run by friends can inspire someone to run an additional three-tenths of a kilometre, and an additional ten minutes run by friends can inspire someone to run three minutes longer." Social media improved the performance of slower, less in shape runners, and of those who were showing signs of overtaking a friend's performance. A researcher said: "In general, if you run more, it is likely that you can cause your friends to run more."

Sources: <http://www.netdoctor.co.uk/healthy-living/fitness/news/a28041/is-running-contagious/>
<http://www.health.com/fitness/running-socially-contagious>
https://www.nytimes.com/2017/04/19/well/move/running-may-be-socially-contagious.html?_r=0

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1704/170422-exercise-5.html>

PARAGRAPH ONE:

- | | |
|--------------------------------|-----------------------------|
| 1. A study shows that physical | a. network use |
| 2. because of | b. of their exercise |
| 3. people who post details | c. year period |
| 4. motivate other people to | d. social media |
| 5. over a five- | e. burned |
| 6. social | f. activity is 'contagious' |
| 7. calories | g. others |
| 8. inspire | h. be more active |

PARAGRAPH TWO:

- | | |
|--------------------------|--------------------------|
| 1. reading about a | a. general |
| 2. three- | b. friend's exercise |
| 3. an additional | c. signs |
| 4. less in shape | d. to run more |
| 5. showing | e. tenths of a kilometre |
| 6. overtaking a friend's | f. runners |
| 7. In | g. ten minutes |
| 8. cause your friends | h. performance |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1704/170422-exercise-5.html>

A study shows that (1) _____ 'contagious' because of social media. Researchers at the Massachusetts Institute of Technology found that people (2) _____ of their exercise patterns on social media sites motivate other people (3) _____ active. Researchers tracked the exercise routines of 1.1 million runners over a five-year period. They looked at the runners' social (4) _____, distance, time, speed and the (5) _____. The researchers concluded that sharing exercise data on social media can inspire others to exercise more, harder and (6) _____.

The (7) _____ of how reading about a friend's exercise can be inspiring. It said: "An additional kilometre run (8) _____ inspire someone to run an additional (9) _____ a kilometre, and an additional ten minutes run by friends (10) _____ to run three minutes longer." Social media improved the performance of slower, less in shape runners, (11) _____ who were showing signs of overtaking a friend's performance. A researcher said: "In general, if you run more, (12) _____ you can cause your friends to run more."

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1704/170422-exercise-5.html>

A study shows that physical activity is 'contagious' because of social media. Researchers at the Massachusetts Institute of Technology found that people who post details of their exercise patterns on social media sites motivate other people to be more active. Researchers tracked the exercise routines of 1.1 million runners over a five-year period. They looked at the runners' social network use, distance, time, speed and the calories burned. The researchers concluded that sharing exercise data on social media can inspire others to exercise more, harder and more competitively. The study includes accounts of how reading about a friend's exercise can be inspiring. It said: "An additional kilometre run by friends can inspire someone to run an additional three-tenths of a kilometre, and an additional ten minutes run by friends can inspire someone to run three minutes longer." Social media improved the performance of slower, less in-shape runners, and of those who were showing signs of overtaking a friend's performance. A researcher said: "In general, if you run more, it is likely that you can cause your friend to run more."

EXERCISE SURVEY

From <http://www.breakingnewsenglish.com/1704/170422-exercise-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) _____

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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) _____

