

www.**Breaking News English**.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES
FOR LANGUAGE TEACHERS"**

www.breakingnewsenglish.com/book.html

**Thousands more free lessons
from Sean's other websites**

www.freeeslmaterials.com/sean_banville_lessons.html

Level 0

Office workers need one hour of exercise a day

30th July, 2016

<http://www.breakingnewsenglish.com/1607/160730-exercise-0.html>

Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

Please try Levels 1, 2 and 3. They are (a little) harder.

Twitter



twitter.com/SeanBanville

Facebook



www.facebook.com/pages/BreakingNewsEnglish/155625444452176

Google +



<https://plus.google.com/+SeanBanville>

THE READING

From <http://www.breakingnewsenglish.com/1607/160730-exercise-0.html>

People who sit down a lot must exercise for one hour a day to live longer. Sitting down a lot makes our life shorter. It is like smoking or being overweight. Sitting for eight hours increases the risk of dying early by 60 per cent. But, one hour's exercise each day means we may not die early, even if we sit down all day.

Researchers hope this news will get people to exercise more. Watching TV all day is also unhealthy because we eat snacks. No exercise increases the risk of heart disease. People should get out of their seat more. They should take breaks every hour, or walk upstairs. We need to add more physical activity into our daily life.

Sources: <http://www.bbc.com/news/health-36895789>
<http://gizmodo.com/how-much-you-need-to-exercise-to-make-up-for-sitting-al-1784399171>
<http://www.telegraph.co.uk/news/2016/07/27/office-workers-must-exercise-for-an-hour-a-day-to-counter-death/>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1607/160730-exercise-0.html>

PARAGRAPH ONE:

- | | |
|-----------------------------|-----------------------|
| 1. People who sit | a. increases the risk |
| 2. exercise for one | b. being overweight |
| 3. Sitting down a lot makes | c. early |
| 4. It is like smoking or | d. hour a day |
| 5. Sitting for eight hours | e. each day |
| 6. dying | f. down a lot |
| 7. one hour's exercise | g. day |
| 8. even if we sit down all | h. our life shorter |

PARAGRAPH TWO:

- | | |
|--------------------------------|----------------------|
| 1. get people to | a. upstairs |
| 2. Watching TV | b. disease |
| 3. unhealthy because | c. all day |
| 4. increases the risk of heart | d. their seat more |
| 5. People should get out of | e. breaks every hour |
| 6. They should take | f. exercise more |
| 7. walk | g. life |
| 8. our daily | h. we eat snacks |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1607/160730-exercise-0.html>

People (1) _____ a lot must exercise for one hour a day (2) _____. Sitting down a lot makes our life shorter. It is like smoking or (3) _____. Sitting for eight hours (4) _____ of dying early by 60 per cent. But, one hour's exercise (5) _____ we may not die early, even if we sit (6) _____.

Researchers (7) _____ will get people to exercise more. Watching TV all (8) _____ unhealthy because (9) _____. No exercise increases the risk of heart disease. People should (10) _____ seat more. They (11) _____ every hour, or walk upstairs. We need to add more physical activity (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1607/160730-exercise-0.html>

People who sit down a lot must exercise for one hour a day to live longer. Sitting down a lot makes our lives shorter. It is like smoking or being overweight. Sitting for eight hours increases the risk of dying early by 60 percent. But, one hour's exercise each day means we may not die early, even if we sit down all day. Researchers hope this news will get people to exercise more. Watching TV all day is also unhealthy because we eat snacks. No exercise increases the risk of heart disease. People should get out of their seats more. They should take breaks every hour, or walk up stairs. We need to add more physical activity into our daily life.

EXERCISE SURVEY

From <http://www.breakingnewsenglish.com/1607/160730-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) _____

Office workers need one hour of exercise a day – 30th July, 2016
More free lessons at www.BreakingNewsEnglish.com

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

