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Level 3

Exercise pill could replace exercising

6th May, 2017

<http://www.breakingnewsenglish.com/1705/170506-exercise-pill.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1705/170506-exercise-pill.html>

Scientists are working on a new pill that could help people who do no exercise. It could also increase the performance of those who do work out and exercise. The scientists are from the Salk Institute for Biological Studies in California. They are developing a pill that could produce the same benefits to the body that it gets from running. Scientists are testing the pill on mice. It could one day make people healthier. It could give them better stamina, fat loss, a better mood, a healthier heart and a longer lifespan – all without doing any exercise. The scientists found that the pill also helped to increase athletic performance in mice by 70 per cent. This could be good news for people who want to run faster and farther.

The scientists looked at what changes in the body when people exercise harder and train or work out longer. Researcher Dr Ronald Evans said: "It's well known that people can improve their aerobic endurance through training. The question for us was: How does endurance work? And...can we replace training with a drug?" The researchers found a chemical that could copy the positive effects of exercise without the need for exercising. The chemical made the body burn fat instead of sugar. Another researcher, Weiwei Fan, said burning fat instead of sugar means: "You can improve endurance to the [same] level as someone in training, without all of the physical effort."

Sources: <http://www.foxnews.com/lifestyle/2017/05/03/exercise-pill-may-replace-workouts-in-future.html>
<http://www.thehealthsite.com/news/can-you-have-an-exercise-pill-to-avoid-work-outs-ag0517/>
<https://medicalxpress.com/news/2017-05-exercise-in-a-pill-boosts-athletic-percent.html>

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?

scientists / exercise / performance / benefits / testing / mice / stamina / faster / changes / work out / improve / aerobic / endurance / drug / chemical / physical

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

3. EXERCISE PILLS: Students A **strongly** believe exercise pills are a great idea; Students B **strongly** believe they are a terrible idea. Change partners again and talk about your conversations.

4. PILLS: What do you think of these possible future pills? Complete this table with your partner(s). Change partners often and share what you wrote.

Pills to ...	Good things	Bad things	Would you take it?
look young			
learn more			
be taller			
sleep longer			
lose weight			
laugh a lot			

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

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

- running
- housework
- swimming
- hiking
- dancing
- shopping
- weight training
- aerobics

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1705/170506-exercise-pill.html>

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

- a. A new pill could help people who work out and exercise. **T / F**
- b. The new pill gives the body the same benefits it could get from running. **T / F**
- c. Scientists have only tested the new pill on monkeys so far. **T / F**
- d. The new pill could help people to live longer. **T / F**
- e. Scientists looked at what changes in the body because of exercise. **T / F**
- f. A researcher wanted to replace a drug with training. **T / F**
- g. The researcher found a chemical that made the body burn more sugar. **T / F**
- h. Burning more sugar means you can improve your endurance a lot. **T / F**

2. SYNONYM MATCH:

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

- | | |
|----------------------|----------------------|
| 1. help | a. becomes different |
| 2. increase | b. energy |
| 3. benefits | c. work |
| 4. stamina | d. elevate |
| 5. found | e. substitute |
| 6. changes | f. discovered |
| 7. improve | g. aid |
| 8. replace | h. rather than |
| 9. instead of | i. advantages |
| 10. effort | j. boost |

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

- | | |
|---|-------------------------|
| 1. a new pill that could help people who | a. through training |
| 2. It could also increase the | b. effort |
| 3. produce the same benefits to the body that | c. by 70 per cent |
| 4. a longer | d. effects of exercise |
| 5. increase athletic performance in mice | e. performance |
| 6. improve their aerobic endurance | f. instead of sugar |
| 7. replace training | g. lifespan |
| 8. copy the positive | h. it gets from running |
| 9. burning fat | i. with a drug |
| 10. without all of the physical | j. do no exercise |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1705/170506-exercise-pill.html>

Scientists are (1) _____ on a new pill that could help people who do no exercise. It could also (2) _____ the performance of those who do work out and exercise. The scientists are from the Salk Institute for Biological Studies in California. They are developing a pill that could (3) _____ the same benefits to the body that it gets from (4) _____. Scientists are testing the pill on mice. It could one day make people healthier. It could give them better (5) _____, fat loss, a better mood, a healthier heart and a longer (6) _____ - all without doing any exercise. The scientists found that the pill also helped to increase (7) _____ performance in mice by 70 per cent. This could be good (8) _____ for people who want to run faster and farther.

lifespan
working
produce
news
running
athletic
increase
stamina

The scientists looked at what (9) _____ in the body when people exercise harder and train or work out (10) _____. Researcher Dr Ronald Evans said: "It's well known that people can improve their aerobic (11) _____ through training. The question for us was: How does endurance work? And...can we replace training with a (12) _____?" The researchers found a chemical that could copy the positive (13) _____ of exercise without the need for exercising. The chemical made the body burn fat (14) _____ of sugar. Another researcher, Weiwei Fan, said burning fat instead of sugar means: "You can improve endurance to the [same] (15) _____ as someone in training, without all of the physical (16) _____."

longer
instead
drug
effort
changes
level
endurance
effects

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1705/170506-exercise-pill.html>

- 1) Scientists are working on a new pill that could help people who _____
 - a. do non exercise
 - b. do not exercise
 - c. do no exercise
 - d. does no exercise
- 2) It could also increase the performance of those who do work _____
 - a. up and exercise
 - b. out and exercise
 - c. in and exercise
 - d. over and exercise
- 3) They are developing a pill that could produce _____
 - a. the same benefit
 - b. the same benefits
 - c. the same beneficiary
 - d. the same beneficiaries
- 4) a better mood, a healthier heart and a _____
 - a. longish lifespan
 - b. longest lifespan
 - c. longing lifespan
 - d. longer lifespan
- 5) This could be good news for people who want to run _____
 - a. faster and father
 - b. faster and further
 - c. faster and furrier
 - d. faster and farther
- 6) It's well known that people can improve their _____
 - a. aerobic endurance
 - b. aerobics endurance
 - c. aerobically endurance
 - d. aero bike endurance
- 7) How does endurance work? And...can we replace training _____?
 - a. with the drug
 - b. with a drug
 - c. with all drug
 - d. with a drugs
- 8) researchers found a chemical that could copy the positive _____
 - a. effect of exercise
 - b. effects of exercise
 - c. affects of exercise
 - d. affect of exercise
- 9) The chemical made the body burn fat _____
 - a. instead of sugar
 - b. instead of sugared
 - c. instead of sugary
 - d. instead of sugars
- 10) the same level as someone in training, without all of _____
 - a. a physical effort
 - b. the physical effort
 - c. the physicals effort
 - d. the physically effort

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1705/170506-exercise-pill.html>

Scientists are working (1) _____ that could help people who do no exercise. It could also increase the (2) _____ who do work out and exercise. The scientists are from the Salk Institute for Biological Studies in California. They are (3) _____ that could produce the same benefits to the body that it gets from running. Scientists are testing (4) _____. It could one day make people healthier. It could give them better stamina, fat loss, a better mood, a healthier heart and a longer lifespan – all without (5) _____. The scientists found that the pill also helped to increase athletic performance in mice by 70 per cent. This could be good news for people who want (6) _____ farther.

The scientists (7) _____ changes in the body when people exercise harder and train or work out longer. Researcher Dr Ronald Evans said: "It's well known that people (8) _____ aerobic endurance through training. The question (9) _____: How does endurance work? And...can we replace training with a drug?" The researchers (10) _____ that could copy the positive effects of exercise without the need for exercising. The chemical made the body burn (11) _____ sugar. Another researcher, Weiwei Fan, said burning fat instead of sugar means: "You can improve endurance to the [same] level as someone in training, (12) _____ physical effort."

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1705/170506-exercise-pill.html>

1. What are scientists working on?
2. In which American state is this research being done?
3. What are scientists testing the pill on?
4. What could the new pill increase the length of?
5. By how much did the new pill increase athletic performance in mice?
6. Who is Ronald Evans?
7. How can people improve their aerobic endurance?
8. What did researchers find that could copy the positive effects of exercise?
9. What did a chemical burn in the body instead of sugar?
10. What does burning fat improve?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1705/170506-exercise-pill.html>

- 1) What are scientists working on?
 - a) a desk
 - b) a pill
 - c) a scientific theory
 - d) hot air
- 2) In which American state is this research being done?
 - a) North Dakota
 - b) New Mexico
 - c) Arkansas
 - d) California
- 3) What are scientists testing the pill on?
 - a) mice
 - b) a desk
 - c) a computer
 - d) a theory
- 4) What could the new pill increase the length of?
 - a) mice
 - b) our nose
 - c) our lifespan
 - d) the universe
- 5) By how much did the new pill increase athletic performance in mice?
 - a) 60%
 - b) 70%
 - c) 50%
 - d) 89%
- 6) Who is Ronald Evans?
 - a) a researcher
 - b) a mouse
 - c) the brother of Ronald McDonald
 - d) an athlete
- 7) How can people improve their aerobic endurance?
 - a) through knowing well
 - b) through understanding
 - c) by training
 - d) by being online
- 8) What did researchers find that could copy the positive effects of exercise?
 - a) a chemical
 - b) a photocopying machine
 - c) a scanner
 - d) sugar
- 9) What did a chemical burn in the body instead of sugar?
 - a) fat
 - b) protein
 - c) skin
 - d) a drug
- 10) What does burning fat improve?
 - a) the same level
 - b) intelligence
 - c) sugar
 - d) endurance

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1705/170506-exercise-pill.html>

Role A – Running

You think running is the best exercise. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): housework, dancing or shopping.

Role B – Housework

You think housework is the best exercise. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): running, dancing or shopping.

Role C – Dancing

You think dancing is the best exercise. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): housework, running or shopping.

Role D – Shopping

You think shopping is the best exercise. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): housework, dancing or running.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1705/170506-exercise-pill.html>

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

exercise	pill
-----------------	-------------

- 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">• those• same• day• longer• found• farther	<ul style="list-style-type: none">• looked• known• how• copy• burn• someone
---	--

EXERCISE PILLS SURVEY

From <http://www.BreakingNewsEnglish.com/1705/170506-exercise-pill.html>

Write five GOOD questions about exercise pills 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 PILLS DISCUSSION

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

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'exercise'?
3. How much exercise do you do?
4. Why do some people hate exercise?
5. What are the benefits of exercise?
6. Would you stop exercising if you could take a pill instead?
7. How is your stamina?
8. What's the best exercise you can do?
9. What kind of exercise would you like to do?
10. Why are people who exercise happier?

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EXERCISE PILLS DISCUSSION

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

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'pill'?
13. What do you think about what you read?
14. How does exercise affect our body?
15. How does exercise affect our mind?
16. Should there be more exercise at schools?
17. What other things do you wish pills could do?
18. What are the bad things about exercising?
19. What physical condition are you in?
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/1705/170506-exercise-pill.html>

Scientists are working (1) _____ a new pill that could help people who do no exercise. It could also (2) _____ the performance of those who do work out and exercise. The scientists are from the Salk Institute for Biological Studies in California. They are developing a pill that could produce the (3) _____ benefits to the body that it gets from running. Scientists are testing the pill (4) _____ mice. It could one day make people healthier. It could give them better stamina, fat loss, a better mood, a healthier heart and a longer lifespan – (5) _____ without doing any exercise. The scientists found that the pill also helped to increase athletic performance in mice by 70 per cent. This could be (6) _____ news for people who want to run faster and farther.

The scientists looked at what changes in the body when people exercise harder and train or work (7) _____ longer. Researcher Dr Ronald Evans said: "It's well known that people can improve their aerobic endurance (8) _____ training. The question for us was: How does endurance work? And...can we replace training (9) _____ a drug?" The researchers found a chemical that could (10) _____ the positive effects of exercise without the need for exercising. The chemical made the body burn fat instead (11) _____ sugar. Another researcher, Weiwei Fan, said burning fat instead of sugar means: "You can improve endurance to the [same] level as someone in training, without all of the (12) _____ effort."

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

- | | | | | |
|-----|---------------|---------------|----------------|---------------|
| 1. | (a) of | (b) to | (c) in | (d) on |
| 2. | (a) increases | (b) increased | (c) increasing | (d) increase |
| 3. | (a) sample | (b) same | (c) similar | (d) sameness |
| 4. | (a) at | (b) to | (c) on | (d) of |
| 5. | (a) all | (b) as | (c) at | (d) are |
| 6. | (a) good | (b) goodness | (c) well | (d) goodly |
| 7. | (a) down | (b) in | (c) up | (d) out |
| 8. | (a) through | (b) though | (c) thorough | (d) trough |
| 9. | (a) at | (b) with | (c) on | (d) as |
| 10. | (a) cop | (b) copious | (c) copy | (d) cope |
| 11. | (a) to | (b) than | (c) of | (d) by |
| 12. | (a) physics | (b) physical | (c) physique | (d) physicist |

SPELLING

From <http://www.BreakingNewsEnglish.com/1705/170506-exercise-pill.html>

Paragraph 1

1. aeecrsn the performance
2. They are nedgvlpeoi a pill
3. produce the same etfiebsn
4. It could give them better taisanm
5. a longer lainsefp
6. run faster and rfhtaer

Paragraph 2

7. people can ripoevm
8. aicrbeo endurance
9. researchers found a hacelicm
10. the ovstpiei effects of exercise
11. burn fat adneist of sugar
12. isahylcp effort

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1705/170506-exercise-pill.html>

Number these lines in the correct order.

- () mice by 70 per cent. This could be good news for people who want to run faster and farther.
- () to the body that it gets from running. Scientists are testing the pill on mice. It could one day make people
- () lifespan – all without doing any exercise. The scientists found that the pill also helped to increase athletic performance in
- () for exercising. The chemical made the body burn fat instead of sugar. Another researcher, Weiwei Fan, said burning
- (**1**) Scientists are working on a new pill that could help people who do no exercise. It could also increase the
- () fat instead of sugar means: "You can improve endurance to the [same] level
- () performance of those who do work out and exercise. The scientists are from the Salk Institute for Biological
- () out longer. Researcher Dr Ronald Evans said: "It's well known that people can improve their aerobic
- () as someone in training, without all of the physical effort."
- () endurance through training. The question for us was: How does endurance work? And...can we replace training
- () The scientists looked at what changes in the body when people exercise harder and train or work
- () healthier. It could give them better stamina, fat loss, a better mood, a healthier heart and a longer
- () with a drug?" The researchers found a chemical that could copy the positive effects of exercise without the need
- () Studies in California. They are developing a pill that could produce the same benefits

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1705/170506-exercise-pill.html>

1. that could help people who do no exercise A new pill .
2. do performance work of out those Increase who the .
3. benefits to the body that it gets from running The same .
4. increase performance mice to athletic in Helped .
5. could This faster run to want who people for news good be .
6. at body what The changes scientists in looked the .
7. through endurance aerobic their improve can People training .
8. that the of chemical copy effects A could positive exercise .
9. instead The the fat sugar made burn of chemical body .
10. can You level same the to endurance improve .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1705/170506-exercise-pill.html>

Scientists are *working / worked* on a new pill that could help people who do *no / non* exercise. It could also increase the *perform / performance* of those who do work out and exercise. The scientists are from the Salk Institute for Biological Studies in California. They are *developing / development* a pill that could produce the same *benefits / beneficiary* to the body that it gets from running. Scientists are testing the pill *of / on* mice. It could one day make people healthier. It could give them better stamina, fat *lose / loss*, a better mood, a healthier heart and a longer lifespan – all *without / within* doing any exercise. The scientists found that the pill also *helping / helped* to increase athletic performance in mice by 70 per cent. This could be *good / goodness* news for people who want to run faster and farther.

The scientists looked at *what / that* changes in the body when people exercise harder and *training / train* or work out longer. Researcher Dr Ronald Evans said: "It's well *knowing / known* that people can improve their aerobic *endearing / endurance* through training. The question for us was: How does endurance work? And...can we *replace / replacement* training with a drug?" The researchers found a chemical that could *copying / copy* the positive effects of exercise without the *needy / need* for exercising. The chemical made the body burn fat instead *than / of* sugar. Another researcher, Weiwei Fan, said burning fat instead of sugar *meaning / means*: "You can improve endurance to the [same] level as someone in training, without all of the *physical / physique* effort."

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/1705/170506-exercise-pill.html>

Sc__nt__sts __r__ w__rk__ng __n __ n__w p__ll th__t c__ld h__lp
p__pl__ wh__ d__n __x__rc__s__ . __t c__ld __ls __ncr__s__ th__
p__rf__rm__nc__ __f th__s__ wh__ d__ w__rk __t __nd __x__rc__s__ .
Th__ sc__nt__sts __r__ fr__m th__ S__lk __nst__t__t__ fr__
B__l__g__c__l St__d__s __n C__l__f__rn__ . Th__y __r__
d__v__l__p__ng __ p__ll th__t c__ld pr__d__c__ th__ s__m__
b__n__f__ts t__ th__ b__dy th__t __t g__ts fr__m r__nn__ng .
Sc__nt__sts __r__ t__st__ng th__ p__ll __n m__c__ . __t c__ld __n__
d__y m__k__ p__pl__ h__lth__r . __t c__ld g__v__ th__ m__b__tt__r
st__m__n__ , f__t l__ss , __ b__tt__r m__d__ , __ h__lth__r h__rt
__nd __ l__ng__r l__f__sp__n __ __ll w__th__t d__ng __ny
__x__rc__s__ . Th__ sc__nt__sts f__nd th__t th__ p__ll __ls__
h__lp__d t__ __ncr__s__ __thl__t c__ p__rf__rm__nc__ __n m__c__ by
70 p__r c__nt . Th__s c__ld b__ g__d n__ws fr__ p__pl__ wh__
w__nt t__ r__n f__st__r __nd f__rth__r .

Th__ sc__nt__sts l__k__d __t wh__t ch__ng__s __n th__ b__dy
wh__n p__pl__ __x__rc__s__ h__rd__r __nd tr__n__r w__rk __t
l__ng__r . R__s__rch__r Dr R__n__ld __v__ns s__d : " __t's w__ll
kn__wn th__t p__pl__ c__n __mpr__v__ th__r__ __r__b__c__
__nd__r__nc__ thr__gh tr__n__ng . Th__ q__st__n f__r__s w__s :
H__w d__s __nd__r__nc__ w__rk ? __nd ...c__n w__r__pl__c__
tr__n__ng w__th __ dr__g ? " Th__ r__s__rch__rs f__nd __
ch__m__c__l th__t c__ld c__py th__ p__s__t__v__ __ff__cts __f
__x__rc__s__ w__th__t th__ n__d f__r __x__rc__s__ng . Th__
ch__m__c__l m__d__ th__ b__dy b__rn f__t __nst__d __f s__g__r .
__n th__r r__s__rch__r , W__w__ F__n , s__d b__rn__ng f__t
__nst__d __f s__g__r m__ns : " Y__ c__n __mpr__v__ __nd__r__nc__
t__ th__ [s__m__] l__v__l s__s__m__n__ __n tr__n__ng , w__th__t
__ll __f th__ phys__c__l __ff__rt . "

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1705/170506-exercise-pill.html>

scientists are working on a new pill that could help people who do no exercise it could also increase the performance of those who do work out and exercise the scientists are from the salk institute for biological studies in california they are developing a pill that could produce the same benefits to the body that it gets from running scientists are testing the pill on mice it could one day make people healthier it could give them better stamina fat loss a better mood a healthier heart and a longer lifespan – all without doing any exercise the scientists found that the pill also helped to increase athletic performance in mice by 70 per cent this could be good news for people who want to run faster and farther

the scientists looked at what changes in the body when people exercise harder and train or work out longer researcher dr ronald evans said "it's well known that people can improve their aerobic endurance through training the question for us was how does endurance work and...can we replace training with a drug" the researchers found a chemical that could copy the positive effects of exercise without the need for exercising the chemical made the body burn fat instead of sugar another researcher weiwei fan said burning fat instead of sugar means "you can improve endurance to the [same] level as someone in training without all of the physical effort"

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1705/170506-exercise-pill.html>

Scientists are working on a new pill that could help people who do no exercise. It could also increase the performance of those who do workout and exercise. The scientists are from the Salk Institute for Biological Studies in California. They are developing a pill that could produce the same benefit to the body that it gets from running. Scientists are testing the pill on mice. It could one day make people healthier. It could give them better stamina, fat loss, a better mood, a healthier heart and a longer lifespan – all without doing any exercise. The scientists found that the pill also helped to increase athletic performance in mice by 70 percent. This could be good news for people who want to run faster and farther. The scientists looked at what changes in the body when people exercise harder and train or workout longer. Researcher Dr Ronald Evans said: "It's well known that people can improve their aerobic endurance through training. The question for us was: How does endurance work? And... can we replace training with a drug?" There researchers found a chemical that could copy the positive effects of exercise without the need for exercising. The chemical made the body burn fat instead of sugar. Another researcher, Weiwei Fan, said burning fat instead of sugar means: "You can improve endurance to the [same] level as someone in training, without all of the physical effort."

FREE WRITING

From <http://www.BreakingNewsEnglish.com/1705/170506-exercise-pill.html>

Write about **exercise pills** for 10 minutes. Comment on your partner’s paper.

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

3. EXERCISE: Make a poster about exercise. Show your work to your classmates in the next lesson. Did you all have similar things?

4. EXERCISE PILLS: Write a magazine article about exercise pills. 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 pills. Ask him/her three questions about them. Give him/her three of your opinions on them. 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 F d T e T f F g F h F

SYNONYM MATCH (p.4)

- | | |
|---------------|----------------------|
| 1. help | a. aid |
| 2. increase | b. elevate |
| 3. benefits | c. advantages |
| 4. stamina | d. energy |
| 5. found | e. discovered |
| 6. changes | f. becomes different |
| 7. improve | g. boost |
| 8. replace | h. substitute |
| 9. instead of | i. rather than |
| 10. effort | j. work |

COMPREHENSION QUESTIONS (p.8)

1. A new pill
2. California
3. Mice
4. Our lifespan
5. 70%
6. A researcher
7. Through training
8. A drug
9. Fat
10. Endurance

MULTIPLE CHOICE - QUIZ (p.9)

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

ALL OTHER EXERCISES

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