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Level 0 – 29th February 2024

Cold weather exercise burns more calories

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<https://breakingnewsenglish.com/2402/240229-cold-weather-exercise-0.html>

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

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THE READING

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise-0.html>

Exercise is important for our health. It lowers the risk of heart disease and helps our weight. Doctors say that exercising in cold weather benefits our physical and mental health. The cold gives our heart a bigger workout. Our heart has to work harder to pump blood around our body.

Our body burns calories faster when it is cold. Our body works harder to keep warm, so we use up more calories. Physical activity in the cold increases our metabolism. This helps us to lose weight. Another benefit of exercising in the cold is that natural light helps to reduce our stress.

Sources: https://www.huffpost.com/entry/exercising-outside-winter-benefits_l_65cd27f2e4b0dd11b911a795
<https://www.msn.com/en-ca/health/other/why-end-of-winter-is-the-perfect-time-to-start-a-fitness-journey-expert-tips/ar-BB1iBuDT>
<https://www.healthday.com/health-news/exercise-and-fitness/cold-weather-running-may-be-even-healthier>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise-0.html>

PARAGRAPH ONE:

- | | |
|-----------------------------|---------------------|
| 1. Exercise is important | a. work harder |
| 2. It lowers the | b. around our body |
| 3. heart | c. mental health |
| 4. cold weather | d. for our health |
| 5. our physical and | e. a bigger workout |
| 6. The cold gives our heart | f. risk |
| 7. Our heart has to | g. benefits |
| 8. pump blood | h. disease |

PARAGRAPH TWO:

- | | |
|-----------------------------------|--------------------|
| 1. Our body burns calories faster | a. calories |
| 2. Our body works harder to | b. light |
| 3. we use up more | c. weight |
| 4. Physical | d. stress |
| 5. This helps us to lose | e. when it is cold |
| 6. Another benefit of exercising | f. activity |
| 7. natural | g. in the cold |
| 8. reduce our | h. keep warm |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise-0.html>

Exercise (1) _____ our health. It lowers the
(2) _____ disease and helps our weight. Doctors
(3) _____ in cold weather benefits our physical
(4) _____. The cold gives our heart
(5) _____. Our heart has to work harder to
(6) _____ our body.

Our (7) _____ faster when it is cold. Our body
works (8) _____ warm, so we use up more
calories. (9) _____ the cold increases our
metabolism. (10) _____ to lose weight. Another
benefit (11) _____ the cold is that natural light
helps to (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

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COLD-WEATHER EXERCISE SURVEY

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise-0.html>

Write five GOOD questions about cold-weather 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) _____

