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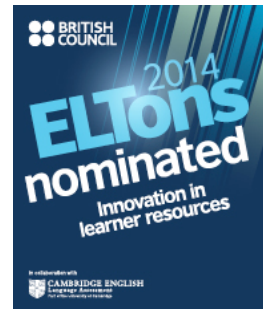
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Level 0

Too much jogging could shorten your life

9th April, 2014

<http://www.breakingnewsenglish.com/1404/140409-long-distance-running-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 <http://www.breakingnewsenglish.com/1404/140409-long-distance-running-0.html>

Running is good for our health. New research says too much is bad for us. It could make our life shorter, not longer. A researcher said too much running can damage your heart.

Runners can get heart disease. Long-distance runners and people who never exercise might have the same risk of heart disease.

Researchers looked at the health of 3,300 runners. Most of them ran over 30 kilometres a week. Marathon runners had hard parts in their heart. A doctor who started running in 1967 is sad. He ran 60 kilometres every week. He thought his heart was strong. Now he has heart problems. He said we should exercise, but not too much.

Sources: <http://www.startribune.com/lifestyle/health/253969731.html?page=all&prepage=1&c=y#continue>
<http://guardianlv.com/2014/04/study-suggests-too-much-running-causes-shorter-lifespan/>
http://www.huffingtonpost.com/2014/04/03/running-too-much-health-study_n_5079707.html

VOCABULARY MATCHING

From <http://www.breakingnewsenglish.com/1404/140409-long-distance-running-0.html>

PARAGRAPH ONE:

- | | |
|---------------------------|-----------------------|
| 1. Running is good | a. heart disease |
| 2. New research says too | b. for our health |
| 3. make our life shorter, | c. never exercise |
| 4. damage | d. distance runners |
| 5. Runners can get | e. much is bad for us |
| 6. Long- | f. of heart disease |
| 7. people who | g. not longer |
| 8. have the same risk | h. your heart |

PARAGRAPH TWO:

- | | |
|------------------------------------|---------------------|
| 1. 3,300 | a. 30 kilometres |
| 2. Most of them ran over | b. in their heart |
| 3. Marathon runners had hard parts | c. was strong |
| 4. A doctor who started | d. runners |
| 5. He ran 60 kilometres | e. problems |
| 6. He thought his heart | f. running in 1967 |
| 7. Now he has heart | g. but not too much |
| 8. we should exercise, | h. every week |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1404/140409-long-distance-running-0.html>

Running is good (1) _____. New research says too much is bad for us. It could make (2) _____, not longer. A researcher (3) _____ running can (4) _____. Runners can get heart disease. Long-distance runners and people (5) _____ might have the (6) _____ heart disease.

Researchers (7) _____ of 3,300 runners. Most of (8) _____ kilometres a week. Marathon runners had hard (9) _____. A doctor who started (10) _____. He ran 60 kilometres every week. He thought his heart was strong. Now he (11) _____. He said we should exercise, (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1404/140409-long-distance-running-0.html>

Running is good for our health. New research says too much is bad for us. It could make our life shorter, not longer. A researcher said too much running can damage your heart. Runners can get heart disease. Long-distance runners and people who never exercise might have the same risk of heart disease. Researchers looked at the health of 3,300 runners. Most of them ran over 30 kilometres a week. Marathon runners had hard parts in their heart. A doctor who started running in 1967 is sad. He ran 60 kilometres every week. He thought his heart was strong. Now he has heart problems. He said we should exercise, but not too much.

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) _____

