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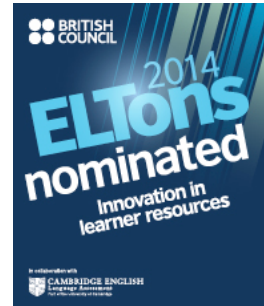
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Level 1

Too much jogging could shorten your life

9th April, 2014



<http://www.breakingnewsenglish.com/1404/140409-long-distance-running-1.html>

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THE READING

From <http://www.breakingnewsenglish.com/1404/140409-long-distance-running-1.html>

Running every day is good for our health, but new research says running too much could be bad for us. Running long distances for many years could make our life shorter, not longer. A researcher said too much running could take away the good things from exercise. It can also damage your heart and lead to heart disease. He added that the risk of long-distance runners dying from heart disease could be the same as someone who never exercised.

Researchers looked at the health and training of 3,300 runners. Seventy per cent of them ran over 30 kilometres a week. Men who ran marathons for 25 years had hard parts in their heart. A doctor who started running marathons in 1967 is sad. He ran 60 kilometres every week and thought his heart was "indestructible". Now he has heart problems. He said people should exercise regularly 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-1.html>

PARAGRAPH ONE:

- | | |
|---------------------------|-------------------------|
| 1. Running every | a. disease |
| 2. good for | b. be bad for us |
| 3. running too much could | c. away the good things |
| 4. long | d. not longer |
| 5. make our life shorter, | e. day |
| 6. take | f. distances |
| 7. lead to heart | g. distance runners |
| 8. long- | h. our health |

PARAGRAPH TWO:

- | | |
|---------------------------------|-------------------------|
| 1. the health and training | a. ran marathons |
| 2. Seventy per cent | b. was "indestructible" |
| 3. Men who | c. heart problems |
| 4. A doctor who started running | d. of 3,300 runners |
| 5. He ran 60 kilometres | e. marathons in 1967 |
| 6. thought his heart | f. but not too much |
| 7. Now he has | g. every week |
| 8. exercise regularly | h. of them |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1404/140409-long-distance-running-1.html>

Running every day (1) _____ health, but new research says running too (2) _____ bad for us. Running long distances for many (3) _____ our life shorter, not longer. A researcher said too much running could (4) _____ good things from exercise. It can also damage your (5) _____ heart disease. He added that the risk of long-distance runners dying from heart disease could be the same as someone (6) _____.

Researchers (7) _____ and training of 3,300 runners. Seventy per cent (8) _____ 30 kilometres a week. Men who ran marathons for 25 years had hard (9) _____. A doctor who started running marathons (10) _____. He ran 60 kilometres every week and (11) _____ "indestructible". Now he has heart problems. He said people (12) _____ but not too much.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1404/140409-long-distance-running-1.html>

Running every day is good for our health, but new research says running too much could be bad for us. Running long distances for many years could make our lives shorter, not longer. A researcher said too much running could take away the good things from exercise. It can also damage your heart and lead to heart disease. He added that the risk of long-distance runners dying from heart disease could be the same as some one who never exercised. Researchers looked at the health and training of 3,300 runners. Seventy percent of them ran over 30 kilometres a week. Men who ran marathons for 25 years had hard parts in their hearts. A doctor who started running marathons in 1967 is sad. He ran 60 kilometres every week and thought his heart was "indestructible". Now he has heart problems. He said people should exercise regularly 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)

g)

h)

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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)

g)

h)
