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## **Level 2**

# **Too much jogging could shorten your life**

**9th April, 2014**

<http://www.breakingnewsenglish.com/1404/140409-long-distance-running-2.html>



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**Please try Levels 0 and 1 (easier) and the 26–page Level 3 (harder).**

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# THE READING

From <http://www.breakingnewsenglish.com/1404/140409-long-distance-running-2.html>

Running a few kilometres each day is good for our health. However, new research says running too much could be bad for us. Running long distances regularly for many years could make our life shorter, not longer. The study is from the Minneapolis Heart Institute. A researcher said too much running can create plaque inside your heart. This can lead to heart disease. He wrote that running too much for many years takes away the good things from exercise. He added that the risk of heart disease, or of dying of coronary disease could be the same as someone who never exercised.

Researchers looked at the health and training of 3,300 runners over the age of 35. Seventy per cent of them ran over 30 kilometres a week. Men who ran marathons for 25 years had 62% more plaque in their heart than men who did little or no exercise. Another doctor said he feels cheated. He started running marathons and doing triathlons in 1967. He used to run 60 kilometres every week. He said: "I thought I was out there exhausting myself, building an absolutely indestructible heart." The doctor advised people to exercise regularly but not to overdo things.

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](http://www.huffingtonpost.com/2014/04/03/running-too-much-health-study_n_5079707.html)

# MATCHING

From <http://www.breakingnewsenglish.com/1404/140409-long-distance-running-2.html>

## PARAGRAPH ONE:

- |                           |                         |
|---------------------------|-------------------------|
| 1. Running a few          | a. Institute            |
| 2. Running long           | b. never exercised      |
| 3. make our life shorter, | c. away the good things |
| 4. the Minneapolis Heart  | d. disease              |
| 5. takes                  | e. kilometres each day  |
| 6. the risk               | f. not longer           |
| 7. dying of coronary      | g. of heart disease     |
| 8. someone who            | h. distances            |

## PARAGRAPH TWO:

- |                               |                      |
|-------------------------------|----------------------|
| 1. training of                | a. cheated           |
| 2. over the age               | b. kilometres a week |
| 3. over 30                    | c. or no exercise    |
| 4. Men who                    | d. triathlons        |
| 5. men who did little         | e. 3,300 runners     |
| 6. he feels                   | f. to overdo things  |
| 7. doing                      | g. of 35             |
| 8. exercise regularly but not | h. ran marathons     |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1404/140409-long-distance-running-2.html>

Running a few kilometres (1) \_\_\_\_\_ for our health. However, new research says running too (2) \_\_\_\_\_ for us. Running long distances (3) \_\_\_\_\_ years could make our life shorter, not longer. The study is from the Minneapolis Heart Institute. A researcher (4) \_\_\_\_\_ can create plaque inside your heart. This can lead to heart disease. He wrote that running too much for many years takes away the good things from exercise. He (5) \_\_\_\_\_ of heart disease, or of dying of coronary disease could be the same as someone (6) \_\_\_\_\_.

Researchers (7) \_\_\_\_\_ and training of 3,300 runners over the age of 35. Seventy per cent of them ran over 30 kilometres a week. (8) \_\_\_\_\_ for 25 years had 62% more plaque (9) \_\_\_\_\_ men who did little or no exercise. Another doctor said he feels cheated. He started running marathons (10) \_\_\_\_\_ in 1967. He used to run 60 kilometres every week. He said: "(11) \_\_\_\_\_ there exhausting myself, building an absolutely indestructible heart." The doctor advised people (12) \_\_\_\_\_ but not to overdo things.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1404/140409-long-distance-running-2.html>

Running a few kilometres each day is good for our health. However, new research says running too much could be bad for us. Running long distances regularly for many years could make our lives shorter, not longer. The study is from the Minneapolis Heart Institute. A researcher said too much running can create plaque inside your heart. This can lead to heart disease. He wrote that running too much for many years takes away the good things from exercise. He added that the risk of heart disease, or of dying of coronary disease could be the same as someone who never exercised. Researchers looked at the health and training of 3,300 runners over the age of 35. Seventy percent of them ran over 30 kilometres a week. Men who ran marathons for 25 years had 62% more plaque in their heart than men who did little or no exercise. Another doctor said he feels cheated. He started running marathons and doing triathlons in 1967. He used to run 60 kilometres every week. He said: "I thought I was out there exhausting myself, building an absolutely indestructible heart." The doctor advised people to exercise regularly but not to overdo things.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a)

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b)

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c)

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d)

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e)

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f)

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g)

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h)

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*Too much jogging could shorten your life – 9th April, 2014*  
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## WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a)

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b)

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c)

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d)

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e)

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f)

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g)

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h)

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# WRITING

From <http://www.breakingnewsenglish.com/1404/140409-long-distance-running-2.html>

Write about **running** for 10 minutes. Comment on your partner's paper.

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