

# www.**Breaking News English**.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES  
FOR LANGUAGE TEACHERS"**

[www.breakingnewsenglish.com/book.html](http://www.breakingnewsenglish.com/book.html)

**Thousands more free lessons  
from Sean's other websites**

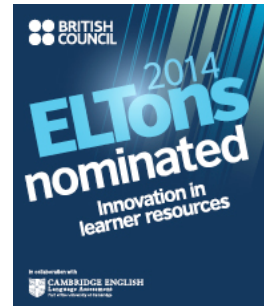
[www.freeeslmaterials.com/sean\\_banville\\_lessons.html](http://www.freeeslmaterials.com/sean_banville_lessons.html)

## Level 3

# Too much jogging could shorten your life

9th April, 2014

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



## Contents

The Article	2	Discussion (Student-Created Qs)	14
Warm-Ups	3	Language Work (Cloze)	15
Before Reading / Listening	4	Spelling	16
While Reading / Listening	5	Put The Text Back Together	17
Match The Sentences And Listen	6	Put The Words In The Right Order	18
Listening Gap Fill	7	Circle The Correct Word	19
Comprehension Questions	8	Insert The Vowels (a, e, i, o, u)	20
Multiple Choice - Quiz	9	Punctuate The Text And Add Capitals	21
Role Play	10	Put A Slash ( / ) Where The Spaces Are	22
After Reading / Listening	11	Free Writing	23
Student Survey	12	Academic Writing	24
Discussion (20 Questions)	13	Homework	25
		Answers	26

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

**Twitter**



[twitter.com/SeanBanville](https://twitter.com/SeanBanville)

**Facebook**



[www.facebook.com/pages/BreakingNewsEnglish/155625444452176](https://www.facebook.com/pages/BreakingNewsEnglish/155625444452176)

**Google +**



<https://plus.google.com/+SeanBanville>

# THE ARTICLE

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

We all know that running a few kilometres each day is good for our health, right? Well, what we didn't know, until now, is that running too much could be bad for us. New research suggests that running long distances regularly for many years could shorten our life instead of extending it. The study is from the Minneapolis Heart Institute Foundation. Researcher Dr James O'Keefe said too much running can cause plaque to build up inside your heart. This can lead to heart disease. He wrote: "Years of extreme exercise...appears to erase some benefits you get from moderate exercise, so that your risk of heart disease, of dying of coronary disease, is the same as [an inactive] person."

The researchers looked at the health and training of 3,300 runners over the age of 35. Seventy per cent of them ran more than 30 kilometres a week. The study found that men who were marathon runners for 25 years had 62 per cent more plaque in their heart than men of the same age who did little or no exercise. Another doctor and long-time runner, John Hagan, said he feels cheated. He has been running marathons and doing triathlons since 1967. He used to run up to 60 kilometres per week. He said: "As a physician and a runner, I felt betrayed. I thought I was out there exhausting myself, building an absolutely indestructible heart."

Dr Hagan 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)

# WARM-UPS

**1. RUNNING:** Students walk around the class and talk to other students about running. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, decide which of these topics or words from the article are most interesting and which are most boring.

*running / health / long distances / shorten our life / heart disease / extreme exercise / training / marathon runners / cheated / doctor / exhausting / indestructible / overdo*

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

**3. TOO MUCH:** What happens if you do too much of these things? Complete this table and share what you wrote with your partner(s). Change partners often.

Too much...	How bad?	Why?	How much do you do?
studying English			
chocolate			
sleep			
time on mobile phone			
exercise			
daydreaming			

**4. GOOD FOR YOU:** Students A **strongly** believe long-distance running is better than not running at all; Students B **strongly** believe a good movie or a good book is better than running. Change partners again and talk about your conversations.

**5. EXERCISE:** Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- running
- swimming
- aerobics
- shadow boxing
- cycling
- weight training
- hiking
- playing team sports

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

# BEFORE READING / LISTENING

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

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

- |   |       |
|---|-------|
| a. The article says we knew that long-distance running was bad for us.      | T / F |
| b. New research says long-distance running can lead to an earlier death.    | T / F |
| c. The study is from an institute that focuses on leg strength.             | T / F |
| d. Long-distance running could remove the benefits of moderate exercise.    | T / F |
| e. Researchers looked at the health and training of 35,000 runners.         | T / F |
| f. The researchers said doing little or no exercise is good for your heart. | T / F |
| g. A doctor who started running in 1967 is happy with his health.           | T / F |
| h. A doctor advised that moderation in exercise was best.                   | T / F |

**2. SYNONYM MATCH:** Match the following synonyms from the article.

- |                   |                |
|-------------------|----------------|
| 1. a few          | a. harmful     |
| 2. good           | b. unbreakable |
| 3. bad            | c. several     |
| 4. cause          | d. remove      |
| 5. erase          | e. often       |
| 6. found          | f. beneficial  |
| 7. up to          | g. doctor      |
| 8. physician      | h. as many as  |
| 9. indestructible | i. lead to     |
| 10. regularly     | j. discovered  |

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

- |                            |                              |
|----------------------------|------------------------------|
| 1. good                    | a. from moderate exercise    |
| 2. running long            | b. cheated                   |
| 3. benefits you get        | c. disease                   |
| 4. your risk               | d. over the age of 35        |
| 5. coronary                | e. things                    |
| 6. 3,300 runners           | f. for our health            |
| 7. men of the same age who | g. to 60 km per week         |
| 8. he feels                | h. of heart disease          |
| 9. He used to run up       | i. did little or no exercise |
| 10. overdo                 | j. distances                 |

# GAP FILL

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

We all know that running a few kilometres each day is good for our (1) \_\_\_\_\_, right? Well, what we didn't know, (2) \_\_\_\_\_ now, is that running too much could be bad for us. New research suggests that running long distances (3) \_\_\_\_\_ for many years could shorten our life instead of (4) \_\_\_\_\_ it. The study is from the Minneapolis Heart Institute Foundation. Researcher Dr James O'Keefe said too much running can (5) \_\_\_\_\_ plaque to build up inside your heart. This can lead to heart disease. He wrote: "Years of (6) \_\_\_\_\_ exercise...appears to erase some benefits you get from (7) \_\_\_\_\_ exercise, so that your risk of heart disease, of dying of (8) \_\_\_\_\_ disease, is the same as [an inactive] person."

*moderate*  
*regularly*  
*extreme*  
*extending*  
*health*  
*coronary*  
*until*  
*cause*

The researchers looked at the health and (9) \_\_\_\_\_ of 3,300 runners over the age of 35. Seventy per cent of them ran more than 30 kilometres a week. The study (10) \_\_\_\_\_ that men who were marathon runners for 25 years had 62 per cent more plaque in their heart than men of the same age who did (11) \_\_\_\_\_ or no exercise. Another doctor and (12) \_\_\_\_\_ runner, John Hagan, said he feels (13) \_\_\_\_\_. He has been running marathons and doing triathlons since 1967. He used to run (14) \_\_\_\_\_ to 60 kilometres per week. He said: "As a physician and a runner, I felt betrayed. I thought I was out there exhausting (15) \_\_\_\_\_, building an absolutely indestructible heart." Dr Hagan advised people to exercise regularly but not to overdo (16) \_\_\_\_\_.

*cheated*  
*things*  
*little*  
*up*  
*training*  
*myself*  
*found*  
*long-time*

# LISTENING – Guess the answers. Listen to check.

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

- 1) We all know that running a few kilometres each day is good for \_\_\_\_\_
  - a. our health, right?
  - b. our health, write?
  - c. our health, left?
  - d. our health, wrong?
- 2) running long distances regularly for many years could shorten our life \_\_\_\_\_ it
  - a. instead of expanding
  - b. instead of extending
  - c. instead of extinguishing
  - d. instead of explaining
- 3) too much running can cause plaque to build up \_\_\_\_\_
  - a. insides your heart
  - b. insider your heart
  - c. inside your heart
  - d. in sided your heart
- 4) Years of extreme exercise...appears to erase some benefits you get \_\_\_\_\_
  - a. from moderation exercise
  - b. from moderately exercise
  - c. from moderated exercise
  - d. from moderate exercise
- 5) your risk of heart disease, of dying of coronary disease, is the same \_\_\_\_\_
  - a. as an active person
  - b. as an inactive person
  - c. as an inaction person
  - d. as an inactively person
- 6) The researchers looked at the health and training of 3,300 runners \_\_\_\_\_
  - a. over the years of 35
  - b. over the old of 35
  - c. over the wage of 35
  - d. over the age of 35
- 7) men of the same age who did little \_\_\_\_\_
  - a. or no exercise
  - b. or not exercise
  - c. or non exercise
  - d. or know exercise
- 8) He has been running marathons and doing \_\_\_\_\_
  - a. triathlon since 1976
  - b. triathlons since 1968
  - c. triathlons since 1976
  - d. triathlons since 1967
- 9) He said: "As a physician and a runner, \_\_\_\_\_"
  - a. I felt betrayed
  - b. I pelt betrayed
  - c. I belt betrayed
  - d. I welt betrayed
- 10) Dr Hagan advised people to exercise regularly but not \_\_\_\_\_
  - a. to overdoing things
  - b. to overdo things
  - c. to overdid things
  - d. to overdoes things

# LISTENING – Listen and fill in the gaps

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

We all know that running a few kilometres (1) \_\_\_\_\_ our health, right? Well, what we didn't know, until now, is that running too much (2) \_\_\_\_\_. New research suggests that running long distances regularly for many years (3) \_\_\_\_\_ instead of extending it. The study is from the Minneapolis Heart Institute Foundation. Researcher Dr James O'Keefe (4) \_\_\_\_\_ can cause plaque to build up inside your heart. This can lead to heart disease. He wrote: "Years of extreme exercise...appears to (5) \_\_\_\_\_ you get from moderate exercise, so that your risk of heart disease, of dying of coronary disease, (6) \_\_\_\_\_ inactive person."

The researchers looked at (7) \_\_\_\_\_ of 3,300 runners over the age of 35. Seventy per cent of them ran more than 30 kilometres a week. The study (8) \_\_\_\_\_ were marathon runners for 25 years had 62 per cent more plaque (9) \_\_\_\_\_ men of the same age who did little or no exercise. Another doctor and long-time runner, John Hagan, said (10) \_\_\_\_\_. He has been running marathons and doing triathlons since 1967. (11) \_\_\_\_\_ 60 kilometres per week. He said: "As a physician and a runner, I felt betrayed. I thought I was out there exhausting myself, building an absolutely indestructible heart." Dr Hagan advised people to exercise regularly but not (12) \_\_\_\_\_.

# COMPREHENSION QUESTIONS

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

1. What does the article say we all know?

---

2. What could happen to our life if we do lots of long-distance running?

---

3. Where in our body did researchers say plaque builds up?

---

4. What can long-distance running erase?

---

5. With whom might long-distance runners share the same risk of disease?

---

6. How many runners did the researchers look at?

---

7. How much more plaque did long-time marathon runners have?

---

8. What is John Hagan's job?

---

9. What kind of heart did John Hagan think he had?

---

10. What was Mr Hagan's advice?

---



# MULTIPLE CHOICE - QUIZ

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

1. What does the article say we all know?
  - a) our waist size
  - b) that London is the capital of England
  - c) that running is good for us
  - d) the Nike company
2. What could happen to our life if we do lots of long-distance running?
  - a) it could get shorter
  - b) it will be happier
  - c) it will be 10 years longer
  - d) we'll spend a lot of it in hospitals
3. Where in our body did researchers say plaque builds up?
  - a) in our knees
  - b) the heart
  - c) our teeth
  - d) the feet
4. What can long-distance running erase?
  - a) the soles of running shoes
  - b) memories
  - c) mistakes
  - d) benefits of moderate exercise
5. With whom might long-distance runners share the same risk of heart disease?
  - a) sprinters
  - b) doctors
  - c) inactive people
  - d) swimmers
6. How many runners did the researchers look at?
  - a) 33,000
  - b) 3,300
  - c) 33,333
  - d) 13,300
7. How much more plaque did long-time marathon runners have?
  - a) 25%
  - b) 18%
  - c) 26%
  - d) 62%
8. What is John Hagan's job?
  - a) sports consultant
  - b) doctor (physician)
  - c) triathlon organiser
  - d) researcher for Nike
9. What kind of heart did John Hagan think he had?
  - a) a kind one
  - b) one that couldn't be damaged
  - c) one a superhero might have
  - d) bigger than average
10. What was Mr Hagan's advice?
  - a) don't overdo things
  - b) don't run every day
  - c) don't run marathons
  - d) don't do nothing

# ROLE PLAY

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

## **Role A – Running**

You think running is the best exercise. Tell the others three reasons why. Tell them things that aren't so good about their ways to exercise. Also, tell the others which is the least useful of these (and why): swimming, weight training or playing team sports.

## **Role B – Swimming**

You think swimming is the best exercise. Tell the others three reasons why. Tell them things that aren't so good about their ways to exercise. Also, tell the others which is the least useful of these (and why): running, weight training or playing team sports.

## **Role C – Weight training**

You think weight training is the best exercise. Tell the others three reasons why. Tell them things that aren't so good about their ways to exercise. Also, tell the others which is the least useful of these (and why): swimming, running or playing team sports.

## **Role D – Playing team sports**

You think playing team sports is the best exercise. Tell the others three reasons why. Tell them things that aren't so good about their ways to exercise. Also, tell the others which is the least useful of these (and why): swimming, weight training or running.

# AFTER READING / LISTENING

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

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

<b>heart</b>	<b>disease</b>
--------------	----------------

- 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"><li>• know</li><li>• bad</li><li>• shorten</li><li>• inside</li><li>• erase</li><li>• coronary</li></ul>	<ul style="list-style-type: none"><li>• 35</li><li>• 30</li><li>• 25</li><li>• 1967</li><li>• 60</li><li>• overdo</li></ul>
--	---

# RUNNING SURVEY

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

Write five GOOD questions about running 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.

# **RUNNING DISCUSSION**

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

- a) What did you think when you read the headline?
- b) What springs to mind when you hear the word 'running'?
- c) Are you surprised at what this research found?
- d) Do you like running?
- e) Are you happy with the amount of exercise you get?
- f) What do you do to extend your life?
- g) What do you do that might shorten your life?
- h) Do you think runners will listen and cut down on running?
- i) How good do you feel after exercise?
- j) What problems might too much running cause?

*Too much jogging could shorten your life – 9th April, 2014*  
Thousands more free lessons at [www.BreakingNewsEnglish.com](http://www.BreakingNewsEnglish.com)

---

# **RUNNING DISCUSSION**

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

- a) Did you like reading this article? Why/not?
- b) Do you have a training plan?
- c) Why do people like running?
- d) Would you be happy if you could be healthier without exercise?
- e) Which do you like better, running, swimming or cycling?
- f) Are there things in life you overdo?
- g) What's the best way of staying healthy?
- h) Where is the best place to go running, and why?
- i) Would you prefer to be a 100-metre champion or marathon champion?
- j) 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. \_\_\_\_\_

Copyright © www.BreakingNewsEnglish.com 2014

---

# 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/1404/140409-long-distance-running.html>

We all know that running a (1) \_\_\_\_\_ kilometres each day is good for our health, right? Well, what we didn't know, until now, is that (2) \_\_\_\_\_ too much could be bad for us. New research suggests that running long distances (3) \_\_\_\_\_ for many years could (4) \_\_\_\_\_ our life instead of extending it. The study is from the Minneapolis Heart Institute Foundation. Researcher Dr James O'Keefe said too much running can cause plaque to build up inside your heart. This can (5) \_\_\_\_\_ to heart disease. He wrote: "Years of extreme exercise...appears to (6) \_\_\_\_\_ some benefits you get from moderate exercise, so that your risk of heart disease, of dying of coronary disease, is the same as [an inactive] person."

The researchers looked at the health and training of 3,300 runners over the (7) \_\_\_\_\_ of 35. Seventy per cent of them ran more than 30 kilometres a week. The study found that men who were marathon runners for 25 years had 62 per cent more plaque in their heart than men (8) \_\_\_\_\_ the same age who did little or no exercise. Another doctor and (9) \_\_\_\_\_-time runner, John Hagan, said he feels cheated. He has been running marathons and (10) \_\_\_\_\_ triathlons since 1967. He used to run up to 60 kilometres per week. He said: "As a physician and a runner, I felt betrayed. I thought I was out there exhausting (11) \_\_\_\_\_, building an absolutely indestructible heart." Dr Hagan advised people to exercise regularly but not to (12) \_\_\_\_\_ things.

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

- |     |               |                |               |               |
|-----|---------------|----------------|---------------|---------------|
| 1.  | (a) few       | (b) several    | (c) small     | (d) distance  |
| 2.  | (a) run       | (b) runs       | (c) running   | (d) ran       |
| 3.  | (a) regular   | (b) regulars   | (c) regularly | (d) regulated |
| 4.  | (a) short     | (b) shortening | (c) shorter   | (d) shorten   |
| 5.  | (a) cause     | (b) result     | (c) lead      | (d) offer     |
| 6.  | (a) recycle   | (b) erase      | (c) react     | (d) redo      |
| 7.  | (a) years     | (b) age        | (c) old       | (d) time      |
| 8.  | (a) by        | (b) of         | (c) in        | (d) on        |
| 9.  | (a) length    | (b) lengthy    | (c) long      | (d) longing   |
| 10. | (a) competing | (b) being      | (c) having    | (d) doing     |
| 11. | (a) mine      | (b) I          | (c) me        | (d) myself    |
| 12. | (a) overheat  | (b) overspend  | (c) overeat   | (d) overdo    |

# SPELLING

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

## Paragraph 1

1. running long distances ygalurrel
2. shorten our life instead of txdnenegi it
3. erase some febtnei you get
4. eortmeda exercise
5. your risk of heart seaeisd
6. the same as an ntceiavi person

## Paragraph 2

7. raschresree looked at the health and training
8. atarmhno runners
9. he feels haetdce
10. a spcyhiian and a runner
11. I thought I was out there tahxeniugs myself
12. not to drevoo things



# PUT THE TEXT BACK TOGETHER

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

**Number these lines in the correct order.**

- ( ) from the Minneapolis Heart Institute Foundation. Researcher Dr James O'Keefe said too much running can
- ( ) The researchers looked at the health and training of 3,300 runners over the age of 35. Seventy per cent of
- ( ) heart." Dr Hagan advised people to exercise regularly but not to overdo things.
- ( ) of extreme exercise...appears to erase some benefits you get from moderate exercise, so that your risk
- ( ) marathons and doing triathlons since 1967. He used to run up to 60 kilometres per week. He said: "As a
- ( ) for 25 years had 62 per cent more plaque in their heart than men of the same age who did little or
- ( ) no exercise. Another doctor and long-time runner, John Hagan, said he feels cheated. He has been running
- ( ) them ran more than 30 kilometres a week. The study found that men who were marathon runners
- ( ) of heart disease, of dying of coronary disease, is the same as [an inactive] person."
- ( ) distances regularly for many years could shorten our life instead of extending it. The study is
- ( ) know, until now, is that running too much could be bad for us. New research suggests that running long
- ( ) cause plaque to build up inside your heart. This can lead to heart disease. He wrote: "Years
- ( **1** ) We all know that running a few kilometres each day is good for our health, right? Well, what we didn't
- ( ) physician and a runner, I felt betrayed. I thought I was out there exhausting myself, building an absolutely indestructible

# PUT THE WORDS IN THE RIGHT ORDER

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

1. us for good is day each kilometres few a Running.

---

2. be Running bad too for much us could.

---

3. for regularly distances long Running years many.

---

4. build Too can to running plaque up much cause.

---

5. get Erase from some moderate benefits exercise you.

---

6. 3,300 runners Researchers looked at the health of.

---

7. little did who age same the of Men exercise no or.

---

8. triathlons doing and marathons Running 1967 since.

---

9. week He used to run up to 60 kilometres per.

---

10. regularly exercise to people advised Hagan Dr.

---

# CIRCLE THE CORRECT WORD (20 PAIRS)

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

We all know that running a *few / several* kilometres each day is good for our health, right? Well, what we didn't know, until *present / now*, is that running too much could be bad for *we / us*. New research suggests that running long distances *regularly / regulated* for many years could shorten our life *instead rather /* of extending it. The study is from the Minneapolis Heart Institute Foundation. Researcher Dr James O'Keefe said too much running can *causing / cause* plaque to build *up / down* inside your heart. This can lead to heart disease. He wrote: "Years of *extreme / extremely* exercise...appears to erase some benefits you get from *moderate / moderately* exercise, so that your risk of heart disease, of dying *of / for* coronary disease, is the same as [an inactive] person."

The researchers looked *at / to* the health and training of 3,300 runners over the age of 35. Seventy per cent of *them / they* ran more than 30 kilometres a week. The study *found / find* that men who were marathon runners for 25 years had 62 per cent more plaque in their heart than men of the *similarity / same* age who did little or *no / not* exercise. Another doctor and long-time runner, John Hagan, said he feels *cheating / cheated*. He has been running marathons and *doing / having* triathlons since 1967. He used to run *down / up* to 60 kilometres per week. He said: "As a physician and a runner, I felt betrayed. I thought I was out there *exhausting / exhausted* myself, building an absolutely indestructible heart." Dr Hagan advised people to exercise regularly but not to *overdo / overdid* things.

**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/1404/140409-long-distance-running.html>

W\_ \_ll kn\_w th\_t r\_nn\_ng \_ f\_w k\_l\_m\_tr\_s \_ \_ch d\_y  
\_s g\_ \_d f\_r \_ \_r h\_ \_lth, r\_ght? W\_ll, wh\_t w\_ d\_dn't  
kn\_w, \_nt\_l n\_w, \_s th\_t r\_nn\_ng t\_ \_m\_ch c\_ \_ld b\_  
b\_d f\_r \_s. N\_w r\_s\_ \_rch s\_gg\_sts th\_t r\_nn\_ng l\_ng  
d\_st\_nc\_s r\_g\_l\_rly f\_r m\_ny y\_ \_rs c\_ \_ld sh\_rt\_n \_ \_r  
l\_f\_ \_nst\_ \_d \_f \_xt\_nd\_ng \_t. Th\_ st\_dy \_s fr\_m th\_  
M\_nn\_ \_p\_l\_s H\_ \_rt \_nst\_t\_t\_ F\_ \_nd\_t\_ \_n. R\_s\_ \_rch\_r  
Dr J\_m\_s\_ \_'K\_ \_f\_ s\_ \_d t\_ \_m\_ch r\_nn\_ng c\_n c\_ \_s\_  
pl\_q\_ \_t\_ b\_ \_ld \_p \_ns\_d\_ y\_ \_r h\_ \_rt. Th\_s c\_n l\_ \_d  
t\_ h\_ \_rt d\_s\_ \_s\_. H\_ wr\_t: "Y\_ \_rs \_f \_xtr\_m\_  
\_x\_rc\_s\_ ... pp\_ \_rs t\_ \_r\_s\_ s\_m\_ b\_n\_f\_ts y\_ \_g\_t  
fr\_m m\_d\_r\_t\_ \_x\_rc\_s\_, s\_ th\_t y\_ \_r r\_sk\_f h\_ \_rt  
d\_s\_ \_s\_, \_f dy\_ng \_f c\_r\_n\_ry d\_s\_ \_s\_, \_s th\_ s\_m\_  
\_s [\_n\_n\_ct\_v\_] p\_rs\_n."

Th\_ r\_s\_ \_rch\_rs l\_ \_k\_d \_t th\_ h\_ \_lth \_nd tr\_ \_n\_ng \_f  
3,300 r\_nn\_rs \_v\_r th\_ \_g\_ \_f 35. S\_v\_nty p\_r c\_nt \_f  
th\_m r\_n m\_r\_ th\_n 30 k\_l\_m\_tr\_s \_ w\_ \_k. Th\_ st\_dy  
f\_ \_nd th\_t m\_n wh\_ w\_r\_ m\_r\_th\_n r\_nn\_rs f\_r 25  
y\_ \_rs h\_d 62 p\_r c\_nt m\_r\_ pl\_q\_ \_n th\_ \_r h\_ \_rt th\_n  
m\_n \_f th\_ s\_m\_ \_g\_ wh\_ d\_d lttl\_ \_r\_n\_ \_x\_rc\_s\_.  
\_n th\_r d\_ct\_r \_nd l\_ng-t\_m\_ r\_nn\_r, J\_hn H\_g\_n,  
s\_ \_d h\_ \_f\_ \_ls ch\_ \_t\_d. H\_ h\_s b\_ \_n r\_nn\_ng m\_r\_th\_ns  
\_nd d\_ \_ng tr\_ \_thl\_ns s\_nc\_ 1967. H\_ \_s\_d t\_ r\_n \_p t\_  
60 k\_l\_m\_tr\_s p\_r w\_ \_k. H\_ s\_ \_d: "\_s\_ phys\_c\_ \_n \_nd  
\_r\_nn\_r, \_f\_l\_t b\_tr\_y\_d. \_ th\_ \_ght \_ w\_s \_ \_t th\_r\_  
\_xh\_ \_st\_ng mys\_lf, b\_ \_ld\_ng \_n \_bs\_l\_t\_ly  
\_nd str\_ct\_bl\_ h\_ \_rt." Dr H\_g\_n \_dv\_s\_d p\_ \_pl\_ t\_  
\_x\_rc\_s\_ r\_g\_l\_rly b\_t n\_t t\_ \_v\_r\_d\_ th\_ngs.

# PUNCTUATE THE TEXT AND ADD CAPITALS

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

we all know that running a few kilometres each day is good for our health right well what we didn't know until now is that running too much could be bad for us new research suggests that running long distances regularly for many years could shorten our life instead of extending it the study is from the minneapolis heart institute foundation researcher dr james o'keefe said too much running can cause plaque to build up inside your heart this can lead to heart disease he wrote "years of extreme exercise...appears to erase some benefits you get from moderate exercise so that your risk of heart disease of dying of coronary disease is the same as [an inactive] person"

the researchers looked at the health and training of 3300 runners over the age of 35 seventy per cent of them ran more than 30 kilometres a week the study found that men who were marathon runners for 25 years had 62 per cent more plaque in their heart than men of the same age who did little or no exercise another doctor and long-time runner john hagan said he feels cheated he has been running marathons and doing triathlons since 1967 he used to run up to 60 kilometres per week he said "as a physician and a runner i felt betrayed i thought i was out there exhausting myself building an absolutely indestructible heart" dr hagan advised people to exercise regularly but not to overdo things

# PUT A SLASH ( / ) WHERE THE SPACES ARE

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

We all know that running a few kilometres each day is good for our health, right? Well, what we didn't know, until now, is that running too much could be bad for us. New research suggests that running long distance regularly for many years could shorten our life instead of extending it. The study is from the Minneapolis Heart Institute Foundation. Researcher Dr James O'Keefe said too much running can cause plaque to build up inside your heart. This can lead to heart disease. He wrote: "Years of extreme exercise... appear to erase some benefits you get from moderate exercise, so that your risk of heart disease, of dying of coronary disease, is the same as [an inactive] person." The researchers looked at the health and training of 3,300 runners over the age of 35. Seventy percent of them ran more than 30 kilometres a week. The study found that men who were marathon runners for 25 years had 62 percent more plaque in their heart than men of the same age who did little or no exercise. Another doctor and long-time runner, John Hagan, said he feels cheated. He has been running marathons and doing triathlons since 1967. He used to run up to 60 kilometres per week. He said: "As a physician and a runner, I felt betrayed. I thought I was out there exhausting myself, building an absolutely indestructible heart." Dr Hagan advises people to exercise regularly but not to overdo things.







# HOMWORK

**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 running and your health. Share what you discover with your partner(s) in the next lesson.

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

**4. EXERCISE:** Write a magazine article about the best way to exercise. Include imaginary interviews with people who are for and against a lot of exercise.

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 running. Ask him/her three questions about running. Give him/her three of your opinions on it. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## TRUE / FALSE (p.4)

a F    b T    c F    d T    e T    f F    g F    h T

## SYNONYM MATCH (p.4)

- |                   |                |
|-------------------|----------------|
| 1. a few          | a. several     |
| 2. good           | b. beneficial  |
| 3. bad            | c. harmful     |
| 4. cause          | d. lead to     |
| 5. erase          | e. remove      |
| 6. found          | f. discovered  |
| 7. up to          | g. as many as  |
| 8. physician      | h. doctor      |
| 9. indestructible | i. unbreakable |
| 10. regularly     | j. often       |

## COMPREHENSION QUESTIONS (p.8)

1. That running is good for us
2. It could get shorter
3. The heart
4. The benefits of moderate exercise
5. Inactive people
6. 3,300
7. 62% more
8. He's a doctor (physician)
9. An indestructible one
10. Don't overdo things

## MULTIPLE CHOICE - QUIZ (p.9)

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

## ALL OTHER EXERCISES

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