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Level 6

Sitting may be dangerous for your health

9th June, 2015

<http://www.breakingnewsenglish.com/1506/150609-sitting.html>

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1506/150609-sitting.html>

If you spend most of your days sitting at school, work, at a computer or stretched out on a couch at home, you may be taking up to two years off your life. It is common knowledge that a sedentary lifestyle increases the risk of heart disease, type 2 diabetes, cancer and obesity, and can result in premature death. Many people think they can compensate for sitting around by walking, playing sports or going to the gym. Unfortunately, this might not be so. A new study just published in the journal 'Annals of Internal Medicine' suggests the effect on our longevity from sitting for long periods of time cannot be reversed through exercise. Even 60 minutes of daily exercise may not be enough.

The study is from Dr David Alter and his colleagues at Toronto University. Dr Alter and his team analysed 47 studies that tracked different groups of people, who kept notes on how long they sat down each day and how much they exercised. They found that the most sedentary groups had a 24% increased chance of dying during the course of the study than the least sedentary ones. This remained the case even though those who sat a lot also did 60 minutes of daily exercise. Dr Alter writes: "Reducing your sit-down time by 2-3 hours each day by standing up at your desk, taking frequent breaks to stretch and walk, or watching TV...on your feet may be better than an expensive, crowded, smelly gym and be just what the doctor ordered."

Sources: Article by Paul Alexy
<http://www.medicalnewstoday.com/articles/288333.php>
<http://www.independent.co.uk/life-style/health-and-families/health-news/spending-half-the-day-on-your-feet-reduces-risk-of-heart-attacks-and-cancer-study-says-10289633.html>
<http://www.medicaldaily.com/stand-your-office-work-6-ways-improve-health-your-desk-job-335914>

WARM-UPS

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

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

sitting / stretched out / couch / common knowledge / heart disease / longevity / colleagues / exercised / sedentary / frequent breaks / expensive / crowded / doctor

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

3. HEALTH: Why might these things be bad for our health? Complete this table with your partner(s). Change partners often and share what you wrote.

	Dangers	How to reduce the dangers
Waiting		
Not chewing food		
Computers		
Cooking		
Modern life		
Bosses		

4. BANNED: Students A **strongly** believe all chairs should be banned to protect our health; Students B **strongly** believe this is a stupid idea. Change partners again and talk about your conversations.

5. SEDENTARY: Rank these with your partner. Put the riskiest activities to our health at the top. Change partners often and share your rankings.

- Sitting
- Computers
- Too much sleep
- Office work
- Watching TV
- Driving
- Elevators, not stairs
- No exercise

6. COUCH: Spend one minute writing down all of the different words you associate with the word "couch". 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/1506/150609-sitting.html>

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

- | | |
|--|-------|
| a. Sitting too much could reduce your life by two years. | T / F |
| b. A sedentary lifestyle increases the chances of getting diabetes. | T / F |
| c. The study in this article was published in the journal 'Sitting'. | T / F |
| d. An hour of daily exercise may not reverse the damage done by sitting. | T / F |
| e. The study was conducted by a team from Oxford University. | T / F |
| f. A group in the study who sat had a 24% higher chance of dying. | T / F |
| g. A doctor recommended sitting down 20-30 minutes less each day. | T / F |
| h. A doctor ordered people into gyms. | T / F |

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

- | | |
|-------------------|----------------|
| 1. couch | a. inactive |
| 2. sedentary | b. packed |
| 3. increases | c. co-workers |
| 4. compensate for | d. examined |
| 5. periods | e. cancel out |
| 6. colleagues | f. sofa |
| 7. analysed | g. regular |
| 8. chance | h. heightens |
| 9. frequent | i. possibility |
| 10. crowded | j. spells |

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

- | | |
|-----------------------------------|-----------------------|
| 1. stretched out | a. knowledge |
| 2. taking up to two years | b. groups of people |
| 3. common | c. be so |
| 4. this might not | d. periods of time |
| 5. sitting for long | e. the case |
| 6. studies that tracked different | f. doctor ordered |
| 7. a 24% increased | g. on a couch at home |
| 8. This remained | h. to stretch |
| 9. taking frequent breaks | i. off your life |
| 10. be just what the | j. chance of dying |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1506/150609-sitting.html>

If you spend most of your days sitting at school, work, at a computer or (1) _____ out on a couch at home, you may be taking up to two years off your life. It is (2) _____ knowledge that a sedentary lifestyle increases the (3) _____ of heart disease, type 2 diabetes, cancer and obesity, and can result in (4) _____ death. Many people think they can (5) _____ for sitting around by walking, playing sports or going to the gym. Unfortunately, this might not be so. A new study just (6) _____ in the journal 'Annals of Internal Medicine' suggests the (7) _____ on our longevity from sitting for long (8) _____ of time cannot be reversed through exercise. Even 60 minutes of daily exercise may not be enough.

risk
common
effect
stretched
compensate
periods
premature
published

The study is from Dr David Alter and his (9) _____ at Toronto University. Dr Alter and his team analysed 47 studies that (10) _____ different groups of people, who kept (11) _____ on how long they sat down each day and how much they exercised. They found that the most sedentary groups had a 24% increased (12) _____ of dying during the course of the study than the least sedentary ones. This remained the (13) _____ even though those who sat a lot also did 60 minutes of (14) _____ exercise. Dr Alter writes: "Reducing your sit-down time by 2-3 hours each day by standing up at your desk, taking (15) _____ breaks to stretch and walk, or watching TV...on your feet may be better than an expensive, crowded, smelly gym and be just what the doctor (16) _____."

notes
daily
ordered
tracked
colleagues
frequent
case
chance

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1506/150609-sitting.html>

- 1) sitting at school, work, at a computer or stretched out on _____
 - a. a catch at home
 - b. account at home
 - c. a cache at home
 - d. a couch at home
- 2) a sedentary lifestyle increases the risk of heart disease, type 2 diabetes, _____
 - a. cancer or obesity
 - b. cancer nor obesity
 - c. cancer and obesity
 - d. cancer an obesity
- 3) people think they can compensate for sitting around by walking, playing sports or _____
 - a. going to the gym
 - b. going to a gym
 - c. going to this gym
 - d. going to that gym
- 4) the effect on our longevity from sitting for long periods of time _____
 - a. cannot be reverse
 - b. cannot be reversed
 - c. cannot get reversed
 - d. cannot in reverse
- 5) Even 60 minutes of daily exercise _____
 - a. may not be plenty
 - b. may not be sufficient
 - c. may not be ready
 - d. may not be enough
- 6) Dr Alter and his team analysed 47 studies that tracked different _____
 - a. groups for people
 - b. groups of people
 - c. groups off people
 - d. groups if people
- 7) kept notes on how long they sat down each day and how _____
 - a. much they exercise
 - b. much they exercised
 - c. much they exercising
 - d. much they exercises
- 8) the most sedentary groups had a 24% increased chance of dying _____
 - a. during the coarse
 - b. during the curse
 - c. during the coast
 - d. during the course
- 9) This remained the case even though those who sat a lot also did 60 minutes _____
 - a. of day lie exercise
 - b. of daily exercise
 - c. of daily exercises
 - d. off daily exercise
- 10) be better than an expensive, crowded, smelly gym and be just _____
 - a. what the doctors ordered
 - b. that the doctor ordered
 - c. that the doctors ordered
 - d. what the doctor ordered

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1506/150609-sitting.html>

If you (1) _____ days sitting at school, work, at a computer or stretched out on a couch at home, you (2) _____ to two years off your life. It is common knowledge that a sedentary lifestyle increases (3) _____ disease, type 2 diabetes, cancer and obesity, and can result in premature death. Many people think they can compensate for (4) _____ walking, playing sports or going to the gym. Unfortunately, this might not be so. A new study just published in the journal 'Annals of Internal Medicine' (5) _____ our longevity from sitting for long periods of time (6) _____ through exercise. Even 60 minutes of daily exercise may not be enough.

The study is from Dr David Alter (7) _____ Toronto University. Dr Alter and his team analysed 47 studies that tracked different groups of people, (8) _____ how long they sat down each day and how much they exercised. They found that the most sedentary groups had a 24% increased (9) _____ during the course of the study than the least sedentary ones. This remained the case even though those (10) _____ did 60 minutes of daily exercise. Dr Alter writes: "Reducing your sit-down time by 2-3 hours each day by standing up at your desk, (11) _____ to stretch and walk, or watching TV...on your feet may be better than an expensive, crowded, smelly gym and be just what (12) _____."

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1506/150609-sitting.html>

1. What did the article say you might be sitting on at home?

2. What kind of diabetes is mentioned in the article?

3. What does the article say going to the gym cannot compensate for?

4. What is the 'Annals of Internal Medicine'?

5. What may not be reversed through 60 minutes of exercise?

6. At which university was the study conducted?

7. How many different studies did the researchers look at?

8. Who had a 24% increased chance of dying?

9. How long did a doctor recommend sitting down less each day?

10. What might watching TV standing up be better than?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1506/150609-sitting.html>

1. What did the article say you might be sitting on at home?
 - a) a bed
 - b) a couch
 - c) the floor
 - d) an office chair
2. What kind of diabetes is mentioned in the article?
 - a) 1
 - b) 4
 - c) 3
 - d) 2
3. What does the article say going to the gym cannot compensate for?
 - a) sitting
 - b) exercising
 - c) jogging
 - d) working
4. What is the 'Annals of Internal Medicine'?
 - a) a hospital department
 - b) a government department
 - c) a journal
 - d) a website
5. What may not be reversed through 60 minutes of exercise?
 - a) driving
 - b) the effects on longevity of sitting
 - c) death
 - d) jogging
6. At which university was the study conducted?
 - a) Toronto
 - b) Brasilia
 - c) Tokyo
 - d) Cape Town
7. How many different studies did the researchers look at?
 - a) 45
 - b) 46
 - c) 47
 - d) 48
8. Who had a 24% increased chance of dying?
 - a) groups who sat
 - b) doctors
 - c) joggers
 - d) publishers
9. How long did a doctor recommend sitting down less each day?
 - a) 2-3 hours
 - b) 2-3 minutes
 - c) 23 minutes
 - d) 23 hours
10. What might watching TV standing up be better than?
 - a) jogging
 - b) going shopping
 - c) gaming standing up
 - d) going to the gym

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1506/150609-sitting.html>

Role A – Sitting

You think sitting is the worst thing for our health. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the least harmful thing of these (and why): too much sleep, driving or using the elevator instead of the stairs.

Role B – Too much sleep

You think too much sleep is the worst thing for our health. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the least harmful thing of these (and why): sitting, driving or using the elevator instead of the stairs.

Role C – Driving

You think driving is the worst thing for our health. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the least harmful thing of these (and why): too much sleep, sitting or using the elevator instead of the stairs.

Role D – Elevator not stairs

You think using the elevator instead of the stairs is the worst thing for our health. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the least harmful thing of these (and why): too much sleep, driving or sitting.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1506/150609-sitting.html>

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

internal	medicine

- 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">• spend• common• think• so• effect• enough	<ul style="list-style-type: none">• colleagues• 47• 24• lot• 2-3• doctor
---	---

SITTING SURVEY

From <http://www.BreakingNewsEnglish.com/1506/150609-sitting.html>

Write five GOOD questions about sitting 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.

SITTING DISCUSSION

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

- 1) What did you think when you read the headline?
- 2) What springs to mind when you hear the word 'sit'?
- 3) What are your sitting habits?
- 4) How sedentary is your lifestyle?
- 5) What do you think about what you read?
- 6) Would you stop sitting down if it meant you lived longer?
- 7) How can you exercise while sitting down?
- 8) How possible is it for you to not sit down for most of the day?
- 9) In what ways is standing better than sitting?
- 10) What exercise do you get every day?

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SITTING DISCUSSION

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

- 11) Did you like reading this article? Why/not?
- 12) What are the best things to do while sitting?
- 13) What do you think of the idea of a standing up chair?
- 14) Should governments be telling us to stand up more often?
- 15) How would life be better if you sat down a lot less?
- 16) Do you believe reports that tell us things are bad for us?
- 17) What do you think of the idea of watching TV standing up?
- 18) How would houses and offices be different if we never sat?
- 19) How likely are you to change your lifestyle from now?
- 20) 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. _____

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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/1506/150609-sitting.html>

If you spend most of your days sitting at school, work, at a computer or stretched (1) _____ on a couch at home, you may be (2) _____ up to two years off your life. It is common knowledge that a sedentary lifestyle increases the risk of heart disease, type 2 diabetes, cancer and obesity, and can result (3) _____ premature death. Many people think they can compensate for sitting around by walking, playing sports or going to the gym. Unfortunately, this might not be (4) _____. A new study just published in the journal 'Annals of Internal Medicine' suggests the effect on our (5) _____ from sitting for long periods of time cannot be (6) _____ through exercise. Even 60 minutes of daily exercise may not be enough.

The study is from Dr David Alter and his (7) _____ at Toronto University. Dr Alter and his team analysed 47 studies that tracked different groups of people, who kept notes (8) _____ how long they sat down each day and how much they exercised. They found that the most sedentary groups had a 24% increased (9) _____ of dying during the course of the study than the least sedentary ones. This (10) _____ the case even though those who sat a lot also did 60 minutes of daily exercise. Dr Alter writes: "Reducing your sit-down time by 2-3 hours each day by standing up at your desk, taking (11) _____ breaks to stretch and walk, or watching TV...on your feet may be better than an expensive, crowded, smelly gym and be just what the doctor (12) _____."

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

- | | | | | |
|-----|-----------------|---------------|----------------|----------------|
| 1. | (a) in | (b) up | (c) out | (d) on |
| 2. | (a) taking | (b) making | (c) raking | (d) faking |
| 3. | (a) in | (b) of | (c) for | (d) up |
| 4. | (a) so | (b) such | (c) as | (d) on |
| 5. | (a) livelihood | (b) lively | (c) lengthen | (d) longevity |
| 6. | (a) reverses | (b) reversing | (c) reserved | (d) reversed |
| 7. | (a) colleagues | (b) colleges | (c) collages | (d) collocates |
| 8. | (a) by | (b) at | (c) in | (d) on |
| 9. | (a) opportunity | (b) possible | (c) chance | (d) risky |
| 10. | (a) remaining | (b) remained | (c) reminded | (d) reminding |
| 11. | (a) frequented | (b) frequent | (c) frequently | (d) frequents |
| 12. | (a) lectured | (b) sat | (c) ordered | (d) learnt |

SPELLING

From <http://www.BreakingNewsEnglish.com/1506/150609-sitting.html>

Paragraph 1

1. a nstryeaed lifestyle
2. result in meaepurrt death
3. they can nomteecaps for sitting around
4. published in the jraonlu
5. the effect on our gtieylonv
6. be sdvrreee through exercise

Paragraph 2

7. his oleuaclegs at Toronto University
8. his team yadsnale (UK) / ynaeeazdl (USA) 47 studies
9. a 24% sreadicen chance
10. This arnediem the case
11. daily icrxeeese
12. taking fneuqret breaks

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1506/150609-sitting.html>

Number these lines in the correct order.

()	lifestyle increases the risk of heart disease, type 2 diabetes, cancer and obesity, and can result in premature
()	reversed through exercise. Even 60 minutes of daily exercise may not be enough.
()	those who sat a lot also did 60 minutes of daily exercise. Dr Alter writes: "Reducing your sit-down time by 2-3 hours
()	death. Many people think they can compensate for sitting around by walking, playing sports or
()	going to the gym. Unfortunately, this might not be so. A new study just published in the journal
()	The study is from Dr David Alter and his colleagues at Toronto University. Dr Alter and his team analysed
()	be better than an expensive, crowded, smelly gym and be just what the doctor ordered."
(1)	If you spend most of your days sitting at school, work, at a computer or stretched
()	out on a couch at home, you may be taking up to two years off your life. It is common knowledge that a sedentary
()	'Annals of Internal Medicine' suggests the effect on our longevity from sitting for long periods of time cannot be
()	each day by standing up at your desk, taking frequent breaks to stretch and walk, or watching TV...on your feet may
()	47 studies that tracked different groups of people, who kept notes on how long they sat down each
()	of dying during the course of the study than the least sedentary ones. This remained the case even though
()	day and how much they exercised. They found that the most sedentary groups had a 24% increased chance

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1506/150609-sitting.html>

1. may You life your off years two to up taking be .

2. sedentary the heart A increases of lifestyle risk disease .

3. compensate around people can sitting Many they for think .

4. effect on our longevity from sitting for long periods The .

5. enough Even 60 minutes of daily exercise may not be .

6. analysed that groups team studies different His 47 tracked .

7. Kept how sat day on they each notes long down .

8. increased 24% a had groups sedentary Most dying of chance .

9. Those daily 60 lot who exercise minutes also sat of did a .

10. day sit each by your hours time Reducing 2-3 down - .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1506/150609-sitting.html>

If you spend most of your days sitting at school, work, at a computer or stretched *up / out* on a couch at home, you may be *giving / taking* up to two years off your life. It is *commonly / common* knowledge that a sedentary lifestyle increases the *risk / risky* of heart disease, type 2 diabetes, cancer and obesity, and can result *on / in* premature death. Many people think they can compensate *to / for* sitting around by walking, playing sports or going *for / to* the gym. Unfortunately, this might not be *so / such*. A new study just published in the *journey / journal* 'Annals of Internal Medicine' suggests the effect on our longevity from sitting for long periods of time cannot be *revered / reversed* through exercise. Even 60 minutes of daily exercise may not be enough.

The study is from Dr David Alter and his *colleagues / collages* at Toronto University. Dr Alter and his team analysed 47 studies that *tacked / tracked* different groups of people, who kept notes *on / by* how long they sat down each day and how *much / many* they exercised. They found that the most sedentary groups had a 24% increased *chancing / chance* of dying during the course of the study than the *least / lest* sedentary ones. This remained the *case / cause* even though those who sat a lot also did 60 minutes of *daily / dailies* exercise. Dr Alter writes: "Reducing your sit-down time by 2-3 hours each day by standing *up / out* at your desk, taking frequent breaks to stretch and walk, or watching TV...on your feet may be better than an expensive, crowded, smelly gym and be just what the *doctor / vet* ordered."

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/1506/150609-sitting.html>

_f y__ sp_nd m_st _f y__r d_ys s_tt_ng _t sch__l,
w_rk, _t _c mp_tr_r str_tch_d __t _n _c__ch _t
h_m_, y__ m_y b_ t_k_ng _p t_ tw_ y__rs _ff y__r
l_f_. _t _s c_mm_n kn_wl_dg_ th_t _s_d_nt_ry
l_fstyl_ _ncr__s_s th_r_sk _f h__rt d_s__s_, typ_ 2
d__b_t_s, c_nc_r _nd _b_s_ty, _nd c_n_r_s_l_t _n
pr_m_t_r_ d__th. M_ny p__pl_ th_nk th_y c_n
c_mp_ns_t_ f_r s_tt_ng _r__nd by w_lk_ng, pl_y_ng
sp_rts _r g__ng t_ th_ gym. _nf_r_t_n_t_ly, th_s m_gh_t
n_t b_s_. _n_w st_dy j_st p_bl_sh_d _n th_ j__rn_l
'_nn_ls _f _nt_rn_l M_d_c_n_' s_gg_sts th_ _ff_ct _n
__r l_ng_v_ty fr_m s_tt_ng f_r l_ng p_r__ds _f t_m_
c_nn_t_b_r_v_rs_d thr__gh _x_rc_s_. _v_n 60 m_n_t_s
_f d__ly _x_rc_s_ m_y n_t b_ _n__gh.

Th_ st_dy _s fr_m Dr D_v_d _lt_r _nd h_s c_ll__g__s _t
T_r_nt__n_v_rs_ty. Dr _lt_r _nd h_s t__m__n_l_y_s_d 47
st_d__s th_t tr_ck_d d_ff_r_nt gr__ps _f p__pl_, wh_
k_pt n_t_s _n h_w l_ng th_y s_t d_wn __ch d_y _nd
h_w m_ch th_y _x_rc_s_d. Th_y f__nd th_t th_ m_st
s_d_nt_ry gr__ps h_d _ 24% _ncr__s_d ch_nc__ _f
dy_ng d_r_ng th_ c__rs_ _f th_ st_dy th_n th_ l__st
s_d_nt_ry _n_s. Th_s r_m__n_d th_ c_s_ _v_n th__gh
th_s_ wh_ s_t _l_t _ls_d_d 60 m_n_t_s _f d__ly
_x_rc_s_. Dr _lt_r wr_t_s: "R_d_c_ng y__r s_t-d_wn
t_m_ by 2-3 h__rs __ch d_y by st_nd_ng _p _t y__r
d_sk, t_k_ng fr_q__nt br__ks t_ str_tch _nd w_lk, _r
w_tch_ng TV..._n y__r f__t m_y b_ b_tt_r th_n _n
_xp_ns_v_, cr_wd_d, sm_lly gym _nd b_ j_st wh_t th_
d_ct_r _rd_r_d."

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1506/150609-sitting.html>

if you spend most of your days sitting at school work at a computer or stretched out on a couch at home you may be taking up to two years off your life it is common knowledge that a sedentary lifestyle increases the risk of heart disease type 2 diabetes cancer and obesity and can result in premature death many people think they can compensate for sitting around by walking playing sports or going to the gym unfortunately this might not be so a new study just published in the journal 'annals of internal medicine' suggests the effect on our longevity from sitting for long periods of time cannot be reversed through exercise even 60 minutes of daily exercise may not be enough

the study is from dr david alter and his colleagues at toronto university dr alter and his team analysed 47 studies that tracked different groups of people who kept notes on how long they sat down each day and how much they exercised they found that the most sedentary groups had a 24% increased chance of dying during the course of the study than the least sedentary ones this remained the case even though those who sat a lot also did 60 minutes of daily exercise dr alter writes "reducing your sit-down time by 2-3 hours each day by standing up at your desk taking frequent breaks to stretch and walk or watching tv...on your feet may be better than an expensive crowded smelly gym and be just what the doctor ordered"

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1506/150609-sitting.html>

If you spend most of your day sitting at school, work, at a computer or stretched out on a couch at home, you may be taking up to two years off your life. It is common knowledge that a sedentary lifestyle increases the risk of heart disease, type 2 diabetes, cancer and obesity, and can result in premature death. Many people think they can compensate for sitting around by walking, playing sports or going to the gym. Unfortunately, this might not be so. A new study just published in the journal 'Annals of Internal Medicine' suggests that the effect on our longevity from sitting for long periods of time cannot be reversed through exercise. Even 60 minutes of daily exercise may not be enough. The study is from Dr David Alter and his colleagues at Toronto University. Dr Alter and his team analysed 47 studies that tracked different groups of people, who kept notes on how long they sat down each day and how much they exercised. They found that the most sedentary group had a 24% increased chance of dying during the course of the study than the least sedentary ones. This remained the case even though those who sat a lot also did 60 minutes of daily exercise. Dr Alter writes: "Reducing your sit-down time by 2-3 hours each day by standing up at your desk, taking frequent breaks to stretch and walk, or watching TV... on your feet may be better than an expensive, crowded, smelly gym and be just what the doctor ordered."

HOMework

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 the health effects of sitting. Share what you discover with your partner(s) in the next lesson.

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

4. SEDENTARY: Write a magazine article about leading a sedentary lifestyle. Include imaginary interviews with people who are for and against this.

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 a health expert. Ask him/her three questions about sitting. Give him/her three of your opinions. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

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

SYNONYM MATCH (p.4)

- | | |
|-------------------|----------------|
| 1. couch | a. sofa |
| 2. sedentary | b. inactive |
| 3. increases | c. heightens |
| 4. compensate for | d. cancel out |
| 5. periods | e. spells |
| 6. colleagues | f. co-workers |
| 7. analysed | g. examined |
| 8. chance | h. possibility |
| 9. frequent | i. regular |
| 10. crowded | j. packed |

COMPREHENSION QUESTIONS (p.8)

1. A couch
2. Type 2
3. Sitting
4. A journal
5. The effect of sitting on longevity
6. The University of Toronto
7. 47
8. Groups who sat
9. 2-3 hours
10. Going to a gym

MULTIPLE CHOICE - QUIZ (p.9)

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

ALL OTHER EXERCISES

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