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Level 2

Office workers need one hour of exercise a day

30th July, 2016

<http://www.breakingnewsenglish.com/1607/160730-exercise-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <http://www.breakingnewsenglish.com/1607/160730-exercise-2.html>

Researchers say office workers and other people who sit down a lot must exercise for one hour a day. This is to increase their chance of living longer. Doctors keep telling us that sitting down all day will make our life shorter. Researchers say that sitting in a chair all day is as dangerous as smoking or being overweight. Sitting for eight hours a day could increase the risk of dying early by up to 60 per cent. However, there is good news for people who sit at a desk all day. One hour's exercise each day can cancel the risk of an early death from sitting all day.

The research was published in time for the Olympic Games. Researchers hope this will get people to exercise more. Being inactive increases the risk of getting heart disease, diabetes and cancer. Watching TV all day is one of the worst things we can do. This is also because we will also eat unhealthy snacks. Office workers should get out of their seat more often. A researcher advised people to: "Take a five-minute break every hour, go to the next office, go upstairs to the coffee machine, go to the printer." He added: "Build physical activity into your everyday life."

Sources: <http://www.bbc.com/news/health-36895789>
<http://gizmodo.com/how-much-you-need-to-exercise-to-make-up-for-sitting-al-1784399171>
<http://www.telegraph.co.uk/news/2016/07/27/office-workers-must-exercise-for-an-hour-a-day-to-counter-death/>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1607/160730-exercise-2.html>

PARAGRAPH ONE:

- | | |
|-------------------------------------|-------------------------|
| 1. increase their chance | a. news |
| 2. make our life | b. each day |
| 3. as dangerous as smoking or | c. by up to 60 per cent |
| 4. increase the risk of dying early | d. an early death |
| 5. there is good | e. of living longer |
| 6. people who sit | f. being overweight |
| 7. One hour's exercise | g. at a desk all day |
| 8. cancel the risk of | h. shorter |

PARAGRAPH TWO:

- | | |
|--|--------------------------|
| 1. The research was published in time | a. we can do |
| 2. Researchers hope this will get people | b. every hour |
| 3. increases the risk of | c. seat more often |
| 4. Watching TV | d. to exercise more |
| 5. one of the worst things | e. your everyday life |
| 6. workers should get out of their | f. for the Olympic Games |
| 7. Take a five-minute break | g. all day |
| 8. Build physical activity into | h. getting heart disease |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1607/160730-exercise-2.html>

Researchers say office workers and other people (1) _____ must exercise for one hour a day. This is to increase their (2) _____ longer. Doctors keep telling us that sitting down all day will (3) _____. Researchers say that sitting in a chair all day is as dangerous as smoking or (4) _____. Sitting for eight hours a day could increase the risk of dying early by up to 60 per cent. However, there (5) _____ people who sit at a desk all day. One hour's exercise each day can cancel the risk of an early death (6) _____.

The research was published (7) _____ Olympic Games. Researchers hope this (8) _____ exercise more. Being inactive (9) _____ of getting heart disease, diabetes and cancer. Watching TV all day is one of the worst things we can do. This is also because we will also eat unhealthy snacks. Office workers (10) _____ of their seat more often. A researcher advised people to: "Take a five-minute break every hour, (11) _____ office, go upstairs to the coffee machine, go to the printer." He added: "Build physical activity into (12) _____."

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1607/160730-exercise-2.html>

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EXERCISE SURVEY

From <http://www.breakingnewsenglish.com/1607/160730-exercise-4.html>

Write five GOOD questions about exercise 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.

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) _____

WRITING

From <http://www.breakingnewsenglish.com/1607/160730-exercise-2.html>

Write about **exercise** for 10 minutes. Read and talk about your partner's paper.
