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Level 3

Office workers need one hour of exercise a day

30th July, 2016

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

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

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THE ARTICLE

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

New research shows that office workers and other people who sit down a lot must exercise for one hour a day. If they do this, they will increase their chances of living longer. Doctors have been telling us for a long time that sitting down all day will shorten our life. Researchers now say that sitting in a chair all day is as dangerous to our health as smoking or being overweight. Research on over one million adults found that sitting for at least eight hours a day could increase the risk of dying early by up to 60 per cent. However, there is good news for those who sit at a desk all day. An hour's "brisk exercise" each day can cancel out the risk of an early death linked to sitting all day.

The research was published in time for people to read before the Olympics in Rio de Janeiro. Researchers hope this will encourage people to exercise more. They say that 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 as that also means we get no exercise and are likely to eat unhealthy snacks. One researcher said office workers should find opportunities to get out of their seat more often. Professor Ulf Eklund 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/>

WARM-UPS

1. EXERCISE: Students walk around the class and talk to other students about exercise. 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?

research / office workers / doctors / dangerous / health / overweight / risk / desk / published / Olympic Games / heart disease / snacks / opportunities / break / activity

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

3. HOSPITAL: Students A **strongly** believe people who do not exercise should pay more for treatment at hospitals; Students B **strongly** believe this is totally wrong. Change partners again and talk about your conversations.

4. PHYSICAL ACTIVITY: How can we do more physical activity during our day? Complete this table with your partner(s). Change partners often and share what you wrote.

	Ideas to do more physical activity
At breakfast	
Studying	
At train stations	
Watching TV	
Lunch times	
At work	

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

6. EXERCISING: Rank these with your partner. Put the best exercises at the top. Change partners often and share your rankings.

- jogging
- swimming
- weights in the gym
- cycling
- sit-ups
- playing soccer
- aerobics
- dancing

BEFORE READING / LISTENING

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

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

- a. People who sit down a lot need to exercise for an hour a day. **T / F**
- b. Smoking is a lot more dangerous than sitting down all day. **T / F**
- c. Research was done on 10,000 adults. **T / F**
- d. An hour's exercise a day can cancel out the harm done by sitting all day. **T / F**
- e. The research will be published after the Olympic Games. **T / F**
- f. Not exercising increases the chances of getting cancer. **T / F**
- g. The article says watching TV all day is the worst thing we can do. **T / F**
- h. A professor advised people to go to the printer more often. **T / F**

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

- | | |
|--------------|----------------|
| 1. increase | a. cut |
| 2. chances | b. harmful |
| 3. shorten | c. too soon |
| 4. early | d. push |
| 5. linked | e. think of |
| 6. encourage | f. improve |
| 7. inactive | g. daily |
| 8. unhealthy | h. connected |
| 9. find | i. possibility |
| 10. everyday | j. lazy |

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

- | | |
|--|----------------------|
| 1. other people who | a. our life |
| 2. they will increase their chances | b. life |
| 3. sitting down all day will shorten | c. an early death |
| 4. as dangerous to our | d. time |
| 5. cancel out the risk of | e. of living longer |
| 6. The research was published in | f. disease |
| 7. this will encourage people to | g. of their seat |
| 8. increases the risk of getting heart | h. sit down a lot |
| 9. find opportunities to get out | i. exercise more |
| 10. your everyday | j. health as smoking |

GAP FILL

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

New research shows that office workers and other people who sit down a (1) _____ must exercise for one hour a day. If they do this, they will increase their (2) _____ of living longer. Doctors have been telling us for a long time that sitting down all day will (3) _____ our life. Researchers now say that sitting in a chair all day is as (4) _____ to our health as smoking or being overweight. Research on over one million adults found that sitting for at (5) _____ eight hours a day could increase the risk of dying (6) _____ by up to 60 per cent. However, there is good news for those who sit at a (7) _____ all day. An hour's "brisk exercise" each day can cancel out the risk of an early death (8) _____ to sitting all day.

dangerous
chances
early
lot
linked
shorten
desk
least

The research was published in (9) _____ for people to read before the Olympics in Rio de Janeiro. Researchers hope this will (10) _____ people to exercise more. They say that being inactive increases the risk of getting heart (11) _____, diabetes and cancer. Watching TV all day is one of the worst things we can do as that also (12) _____ we get no exercise and are likely to eat unhealthy (13) _____. One researcher said office workers should find opportunities to get out of their (14) _____ more often. Professor Ulf Eklund advised people to: "Take a five-minute break every hour, go to the next office, go upstairs to the coffee (15) _____, go to the printer." He added: "Build physical activity into your (16) _____ life."

means
time
machine
snacks
encourage
everyday
disease
seat

LISTENING – Guess the answers. Listen to check.

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

- 1) office workers and other people who sit down a lot must exercise _____ day
 - a. for the hours a
 - b. for one hour the
 - c. for one hour a
 - d. for one hourly the
- 2) If they do this, they will increase their chances _____
 - a. off live in longer
 - b. of living in longer
 - c. of living longer
 - d. off living longer
- 3) Doctors have been telling us for a long time that sitting down all day will _____
 - a. shorten our life
 - b. shorter our life
 - c. shorter your life
 - d. shorten hour life
- 4) Researchers now say that sitting in a chair all day is _____
 - a. as dangerously
 - b. was dangers
 - c. as dangerous
 - d. was dangerous
- 5) However, there is good news for those who sit at _____
 - a. the desk all day
 - b. a desk all daily
 - c. the desk all days
 - d. a desk all day
- 6) The research was published in time for people to _____ Olympics
 - a. read before the
 - b. read front the
 - c. read pre the
 - d. read afore the
- 7) They say that being inactive increases the risk of getting _____
 - a. hearts disease
 - b. heart's disease
 - c. heart disease
 - d. heart diseased
- 8) we can do as that also means we get no exercise and _____
 - a. are likely to eat
 - b. are likely too eat
 - c. are likely to eats
 - d. are likelihood to eat
- 9) workers should find opportunities to get out of _____ often
 - a. their seat more
 - b. there seat more
 - c. they're seat more
 - d. they seat more
- 10) He added: "Build physical activity into your _____."
 - a. every day life
 - b. every daily life
 - c. every days life
 - d. everyday life

LISTENING – Listen and fill in the gaps

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

New research shows that office workers and (1) _____ sit down a lot must exercise for one hour a day. If they do this, they will increase their chances (2) _____. Doctors have been telling us for a long time that sitting down all day will (3) _____. Researchers now say that sitting in a chair all day is as dangerous to our health as smoking or (4) _____. Research on over one million adults found that sitting for at least eight hours a day could increase the risk (5) _____ up to 60 per cent. However, there is good news for those who sit at a desk all day. An hour's "brisk exercise" each day can cancel out the risk of an early death linked (6) _____.

The research was published (7) _____ people to read before the Olympics in Rio de Janeiro. Researchers hope this will encourage people to exercise more. They (8) _____ inactive increases the risk of getting heart disease, diabetes and cancer. Watching TV (9) _____ the worst things we can do as that also means we get no exercise and are (10) _____ unhealthy snacks. One researcher said office workers should find opportunities to get out of their (11) _____. Professor Ulf Eklund 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 (12) _____ into your everyday life."

COMPREHENSION QUESTIONS

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

1. What will people increase their chances of if they exercise more?
2. Who has been telling us for a long time that sitting down all day is bad?
3. What is sitting down all day as bad as, besides smoking?
4. How many adults did researchers do research on?
5. By what percentage could sitting all day increase the risk of dying early?
6. What was the research published in time for?
7. What does being inactive increase the risk of, besides heart disease?
8. What might we eat if we sit down and watch TV all day?
9. What did a professor say people should get out of more?
10. What did the professor say we should build into our everyday lives?

MULTIPLE CHOICE - QUIZ

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

- 1) What will people increase their chances of if they exercise more?
 - a) physical activity
 - b) living longer
 - c) sitting
 - d) becoming unhealthier
- 2) Who has been telling us for a long time that sitting down all day is bad?
 - a) journalists
 - b) exercisers
 - c) researchers
 - d) doctors
- 3) What is sitting down all day as bad as, besides smoking?
 - a) being overweight
 - b) eating
 - c) physical activity
 - d) diabetes
- 4) How many adults did researchers do research on?
 - a) exactly one million
 - b) just under a million
 - c) over one million
 - d) around a million
- 5) By what percentage could sitting all day increase the risk of dying early?
 - a) just over 60%
 - b) up to 60%
 - c) exactly 60%
 - d) around 60%
- 6) What was the research published in time for?
 - a) the Olympics
 - b) physical activity
 - c) exercise
 - d) research
- 7) What does being inactive increase the risk of, besides heart disease?
 - a) watching TV
 - b) sitting at a desk
 - c) diabetes and cancer
 - d) working hard
- 8) What might we eat if we sit down and watch TV all day?
 - a) unhealthy snacks
 - b) fruit
 - c) too much
 - d) TV dinners
- 9) What did a professor say people should get out of more?
 - a) their seat
 - b) the house
 - c) the city
 - d) their routine
- 10) What did the professor say we should build into our everyday lives?
 - a) coffee
 - b) working
 - c) sitting
 - d) physical activity

ROLE PLAY

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

Role A – Jogging

You think jogging is the best way to exercise. Tell the others three reasons why. Tell them things that are wrong with their ways. Also, tell the others which is the worst of these (and why): swimming, aerobics or dancing.

Role B – Swimming

You think swimming is the best way to exercise. Tell the others three reasons why. Tell them things that are wrong with their ways. Also, tell the others which is the worst of these (and why): jogging, aerobics or dancing.

Role C – Aerobics

You think aerobics is the best way to exercise. Tell the others three reasons why. Tell them things that are wrong with their ways. Also, tell the others which is the worst of these (and why): swimming, jogging or dancing.

Role D – Dancing

You think dancing is the best way to exercise. Tell the others three reasons why. Tell them things that are wrong with their ways. Also, tell the others which is the worst of these (and why): swimming, aerobics or jogging.

AFTER READING / LISTENING

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

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

office	worker
---------------	---------------

- 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">• other• longer• shorten• smoking• 60• cancel	<ul style="list-style-type: none">• read• inactive• worst• likely• five• build
--	---

EXERCISE SURVEY

From <http://www.BreakingNewsEnglish.com/1607/160730-exercise.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.

EXERCISE 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 'exercise'?
3. What do you think of exercise?
4. How healthy is your lifestyle?
5. What do you think of sitting down all day?
6. Would you rather have a desk job or a moving-about job?
7. Why is it difficult for some people to exercise for an hour a day?
8. What is your favourite kind of exercise?
9. What do you do every day that means sitting down?
10. How can you exercise while sitting?

Office workers need one hour of exercise a day – 30th July, 2016
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EXERCISE DISCUSSION

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

11. Did you like reading this article? Why/not?
12. How interested are you in the Olympics?
13. Will the Olympics encourage you to exercise more?
14. What would make you exercise more?
15. How bad is watching TV all day?
16. What should companies do to get workers to exercise?
17. Why are some people lazy when they know it is bad for them?
18. Should elevators not accept requests to move one floor?
19. How could you build more physical activity in your life?
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/1607/160730-exercise.html>

New research shows that office workers and other people who sit down a lot must exercise for one hour a day. If they (1) _____ this, they will increase their chances of living (2) _____. Doctors have been telling us for a long time that sitting down all day will (3) _____ our life. Researchers now say that sitting in a chair all day is as dangerous to our health as smoking or being overweight. Research (4) _____ over one million adults found that sitting for at least eight hours a day could increase the risk of dying (5) _____ by up to 60 per cent. However, there is good news for those who sit at a desk all day. An hour's "brisk exercise" each day can cancel (6) _____ the risk of an early death linked to sitting all day.

The research was published in (7) _____ for people to read before the Olympics in Rio de Janeiro. Researchers (8) _____ this will encourage people to exercise more. They say that being inactive increases the risk of getting heart disease, diabetes and cancer. Watching TV all day is (9) _____ of the worst things we can do as that also means we get no exercise and are (10) _____ to eat unhealthy snacks. One researcher said office workers should find opportunities to get out of their seat more often. Professor Ulf Eklund advised people to: "Take a five-minute break every hour, go to the (11) _____ office, go upstairs to the coffee machine, go to the printer." He added: "Build (12) _____ activity into your everyday life."

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

- | | | | | |
|-----|--------------|--------------|--------------|----------------|
| 1. | (a) done | (b) doing | (c) do | (d) did |
| 2. | (a) longer | (b) lengthen | (c) longing | (d) longs |
| 3. | (a) shorten | (b) shorter | (c) short | (d) shorts |
| 4. | (a) on | (b) at | (c) to | (d) by |
| 5. | (a) fast | (b) early | (c) soonest | (d) late |
| 6. | (a) up | (b) on | (c) in | (d) out |
| 7. | (a) turn | (b) tune | (c) time | (d) trip |
| 8. | (a) hop | (b) hopes | (c) hoping | (d) hope |
| 9. | (a) one | (b) much | (c) two | (d) on |
| 10. | (a) liking | (b) likely | (c) liked | (d) likes |
| 11. | (a) previous | (b) next | (c) first | (d) last |
| 12. | (a) physics | (b) physique | (c) physical | (d) physically |

SPELLING

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

Paragraph 1

1. new esrhcaer shows that...
2. they will rsiaceen their chances
3. retonhs our life
4. smoking or being whorveiegt
5. increase the risk of gynid early
6. cencal out the risk of an early death

Paragraph 2

7. hbuselpid in time
8. ogecaeunr people to exercise more
9. heart essiade
10. likely to eat unhealthy cksnsa
11. dvasdei people to take a five-minute break
12. iplcyhas activity

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () time that sitting down all day will shorten our life. Researchers now say that sitting in a chair all
- () adults found that sitting for at least eight hours a day could increase the risk of dying early by up to 60
- () per cent. However, there is good news for those who sit at a desk all day. An hour's "brisk
- () disease, diabetes and cancer. Watching TV all day is one of the worst things we can do as that also
- () a day. If they do this, they will increase their chances of living longer. Doctors have been telling us for a long
- () find opportunities to get out of their seat more often. Professor Ulf Eklund advised
- () The research was published in time for people to read before the Olympics in Rio de Janeiro. Researchers hope this will
- () day is as dangerous to our health as smoking or being overweight. Research on over one million
- (**1**) New research shows that office workers and other people who sit down a lot must exercise for one hour
- () encourage people to exercise more. They say that being inactive increases the risk of getting heart
- () machine, go to the printer." He added: "Build physical activity into your everyday life."
- () means we get no exercise and are likely to eat unhealthy snacks. One researcher said office workers should
- () exercise" each day can cancel out the risk of an early death linked to sitting all day.
- () people to: "Take a five-minute break every hour, go to the next office, go upstairs to the coffee

PUT THE WORDS IN THE RIGHT ORDER

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

1. one must down People hour exercise a who a for lot sit day .
2. increase will they , this do they If living of chances their .
3. to up by early dying of risk the Increase cent per 60 .
4. at those good day a who news There desk sit for is all .
5. brisk exercise each day can cancel out the risk An hour's .
6. people hope to this exercise will more encourage Researchers .
7. of inactive getting increases heart the disease risk Being .
8. the is TV can worst one all do things of day Watching we .
9. their of out get to opportunities find should Workers seat .
10. life into Build your physical everyday activity .

CIRCLE THE CORRECT WORD (20 PAIRS)

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

New research shows that office workers and *others / other* people who sit down a lot must exercise for one hour *a / the* day. If they do this, they will increase their *changes / chances* of living longer. Doctors have been telling us for a *long / length* time that sitting down all day will *shorter / shorten* our life. Researchers now say that sitting in a chair all day is as dangerous to our health *has / as* smoking or being overweight. Research on over one million adults found that sitting for *at / that* least eight hours a day could increase the *risky / risk* of dying early by up to 60 per cent. However, there is good news for *those / them* who sit at a desk all day. An hour's "brisk exercise" each day can cancel out the risk of an early death linked *at / to* sitting all day.

The research was published in time for people to read *ahead / before* the Olympics in Rio de Janeiro. Researchers hope this will *encourage / encouraging* people to exercise more. They say that *being / been* inactive increases the risk of *getting / get* heart disease, diabetes and cancer. Watching TV all day is one of the worst things we can do *has / as* that also means we get *not / no* exercise and are likely to eat unhealthy snacks. One researcher said office workers should find opportunities to get out of *their / there* seat more often. Professor Ulf Eklund *advice / advised* people to: "Take / Do 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 / live*."

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/1607/160730-exercise.html>

N_w r_s_rch sh_ws th_t _ff_c_ w_rk_rs _nd _th_r
p__pl_ wh_ s_t d_wn _l_t m_st _x_rc_s_ f_r _n_ h__r
_d_y. _f th_y d_ th_s, th_y w_ll _ncr__s_ th__r
ch_nc_s_ f_l_v_ng l_ng_r. D_ct_rs h_v_ b__n t_ll_ng _s
f_r _l_ng t_m_ th_t s_tt_ng d_wn _ll d_y w_ll sh_rt_n
__r l_f_. R_s__rch_rs n_w s_y th_t s_tt_ng _n_ ch__r
_ll d_y _s_s d_ng_r__s t_ __r h__lth _s sm_k_ng _r
b__ng _v_rw__ght. R_s__rch _n_ v_r _n_ m_ll__n
_d_lts f__nd th_t s_tt_ng f_r _t l__st __ght h__rs _
d_y c__ld _ncr__s_ th_r sk_f dy_ng __rly by _p_t_ 60
p_r c_nt. H_w_v_r, th_r__s g__d n_ws f_r th_s_ wh_
s_t_t _d_sk _ll d_y. _n h__r's "br_sk _x_rc_s_" __ch
d_y c_n c_nc_l __t th_r sk_f _n __rly d__th l_nk_d t_
s_tt_ng _ll d_y.

Th_r_s__rch w_s p_b_lsh_d _n t_m_ f_r p__pl_ t_
r__d b_f_r_ th_ __lymp_cs _n R__d J_n__r_.
R_s__rch_rs h_p_ th_s w_ll _nc__r_g_ p__pl_ t_
_x_rc_s_ m_r_. Th_y s_y th_t b__ng _n_ct_v_
_ncr__s_s th_r sk_f g_tt_ng h__rt d_s__s_, d__b_t_s
_nd c_nc_r. W_tch_ng TV _ll d_y _s _n_ _f th_ w_rst
th_ngs w_ c_n d_ __s th_t _ls_ m__ns w_ g_t n_
_x_rc_s_ _nd _r_l_k_ly t_ __t _nh__lthy sn_ck_s. _n_
r_s__rch_r _s__d _ff_c_ w_rk_rs sh__ld f_nd
_pp_r_t_n_t_s t_g_t __t _f th_r s__t m_r__ft_n.
Pr_f_ss_r _l_f_k_lnd _dv_s_d p__pl_ t_: "T_k_ __f_v_
m_n_t_ br__k _v_ry h__r, g_t_ th_ n_xt _ff_c_, g_
_pst__rs t_ th_ c_ff__m_ch_n_, g_t_ th_ pr_nt_r." H_
_dd_d: "B__ld phys_c_l _ct_v_ty _nt_ y__r _v_ryd_y
l_f_."

PUNCTUATE THE TEXT AND ADD CAPITALS

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

new research shows that office workers and other people who sit down a lot must exercise for one hour a day if they do this they will increase their chances of living longer doctors have been telling us for a long time that sitting down all day will shorten our life researchers now say that sitting in a chair all day is as dangerous to our health as smoking or being overweight research on over one million adults found that sitting for at least eight hours a day could increase the risk of dying early by up to 60 per cent however there is good news for those who sit at a desk all day an hour's "brisk exercise" each day can cancel out the risk of an early death linked to sitting all day

the research was published in time for people to read before the olympics in rio de janeiro researchers hope this will encourage people to exercise more they say that 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 as that also means we get no exercise and are likely to eat unhealthy snacks one researcher said office workers should find opportunities to get out of their seat more often professor ulf eklund 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"

PUT A SLASH (/) WHERE THE SPACES ARE

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New research shows that office workers and other people who sit down all day must exercise for one hour a day. If they do this, they will increase their chances of living longer. Doctors have been telling us for a long time that sitting down all day will shorten our life. Researchers now say that sitting in a chair all day is as dangerous to our health as smoking or being overweight. Research on over one million adults found that sitting for at least eight hours a day could increase the risk of dying early by up to 60 percent. However, there is good news for those who sit at a desk all day. An hour's brisk exercise each day can cancel out the risk of a nearly death linked to sitting all day. The research was published in time for people to read before the Olympics in Rio de Janeiro. Researchers hope this will encourage people to exercise more. They say that 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 as that also means we get no exercise and are likely to eat unhealthy snacks. One researcher said office workers should find opportunities to get out of their seat more often. Professor Ulf Eklund 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."

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 dangers of office work. Share what you discover with your partner(s) in the next lesson.

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

4. 5-MINUTE EXERCISE: Write a magazine article about making all offices get their workers to exercise for 5 minutes every hour. 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 an expert on exercise. Ask him/her three questions about it. Give him/her three of your ideas on how to get people to exercise more. 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 F c F d T e F f T g F h T

SYNONYM MATCH (p.4)

- | | |
|--------------|----------------|
| 1. increase | a. improve |
| 2. chances | b. possibility |
| 3. shorten | c. cut |
| 4. early | d. too soon |
| 5. linked | e. connected |
| 6. encourage | f. push |
| 7. inactive | g. lazy |
| 8. unhealthy | h. harmful |
| 9. find | i. think of |
| 10. everyday | j. daily |

COMPREHENSION QUESTIONS (p.8)

1. Living longer
2. Doctors
3. Being overweight
4. Over one million
5. Up to 60%
6. The Rio Olympics
7. Diabetes and cancer
8. Unhealthy snacks
9. Their seat
10. Physical activity

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 ;-)