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Level 4

Exercise is contagious because of social media

22nd April, 2017

<http://www.breakingnewsenglish.com/1704/170422-exercise-4.html>

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Please try Levels 5 and 6. They are (a little) harder.

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THE READING

From <http://www.breakingnewsenglish.com/1704/170422-exercise-4.html>

A study says social media makes exercise 'contagious'. Researchers found that people who put details of their exercise on social media motivate other people to exercise more. Researchers tracked 1.1 million runners over a five-year period. They looked at the runners' social network use, distance, time, speed and calories burned. They concluded that sharing exercise data on social media inspires others to exercise more, harder and more competitively.

The study has reports of how reading about a friend's exercise can be inspiring. It said an extra kilometre run by friends can inspire someone to run three-tenths of a kilometre farther, and an extra ten minutes run by friends can inspire someone to run three minutes longer. Social media improved slower, less in shape runners, and those who were showing signs of overtaking a friend. If you run more, it is likely that you can make friends run more.

Sources: <http://www.netdoctor.co.uk/healthy-living/fitness/news/a28041/is-running-contagious/>
<http://www.health.com/fitness/running-socially-contagious>
https://www.nytimes.com/2017/04/19/well/move/running-may-be-socially-contagious.html?_r=0

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1704/170422-exercise-4.html>

PARAGRAPH ONE:

- | | |
|---------------------------------------|------------------------|
| 1. social media makes exercise | a. year period |
| 2. put details of their exercise | b. to exercise more |
| 3. motivate other people | c. burned |
| 4. Researchers tracked | d. competitively |
| 5. over a five- | e. network use |
| 6. They looked at the runners' social | f. on social media |
| 7. calories | g. 1.1 million runners |
| 8. more | h. 'contagious' |

PARAGRAPH TWO:

- | | |
|--------------------------------------|--------------------------|
| 1. reading about a friend's exercise | a. longer |
| 2. an extra | b. overtaking a friend |
| 3. run three- | c. friends run more |
| 4. inspire | d. tenths of a kilometre |
| 5. run three minutes | e. kilometre |
| 6. less in | f. can be inspiring |
| 7. showing signs of | g. someone |
| 8. you can make | h. shape runners |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1704/170422-exercise-4.html>

A study says social (1) _____ 'contagious'. Researchers found that people who put (2) _____ exercise on social media motivate other people (3) _____. Researchers tracked 1.1 million (4) _____ five-year period. They looked at the runners' social (5) _____, distance, time, speed and calories burned. They concluded that sharing exercise data on social media inspires others to exercise more, harder and (6) _____.

The study has (7) _____ reading about a friend's exercise can be inspiring. It (8) _____ kilometre run by friends can inspire someone to run three-tenths of a kilometre farther, (9) _____ minutes run by friends can inspire someone to run three minutes longer. Social media improved slower, (10) _____ runners, and those who were (11) _____ overtaking a friend. If you run more, (12) _____ you can make friends run more.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1704/170422-exercise-4.html>

A study says social media makes exercise 'contagious'. Researchers found that people who put details of their exercise on social media motivate other people to exercise more. Researchers tracked 1.1 million runners over a five-year period. They looked at the runners' social network use, distance, time, speed and calories burned. They concluded that sharing exercise data on social media inspires othersto exercise more, harder and more competitively. The study has reports of how reading about a friend's exercise can be inspiring. It said an extra kilometre run by friends can inspire someone to run three-tenths of a kilometre farther, and an extra ten minutes run by friends can inspire someone to run three minutes longer. Social media improved slower, less in shape runners, and those who were showing signs of overtaking a friend. If you run more, it is likely that you can make friends run more.

EXERCISE SURVEY

From <http://www.breakingnewsenglish.com/1704/170422-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) _____

