

Exercise pill could replace exercising

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Scientists are working on a new pill that could help people who do no exercise. It could also increase the performance of those who do work out and exercise. The scientists are from the Salk

Institute for Biological Studies in California. They are developing a pill that could produce the same benefits to the body that it gets from running. Scientists are testing the pill on mice. It could one day make people healthier. It could give them better stamina, fat loss, a better mood, a healthier heart and a longer lifespan – all without doing any exercise. The scientists found that the pill also helped to increase athletic performance in mice by 70 per cent. This could be good news for people who want to run faster and farther.

The scientists looked at what changes in the body when people exercise harder and train or work out longer. Researcher Dr Ronald Evans said: "It's well known that people can improve their aerobic endurance through training. The question for us was: How does endurance work? And...can we replace training with a drug?" The researchers found a chemical that could copy the positive effects of exercise without the need for exercising. The chemical made the body burn fat instead of sugar. Another researcher, Weiwei Fan, said burning fat instead of sugar means: "You can improve endurance to the [same] level as someone in training, without all of the physical effort."

Sources:

foxnews.com / thehealthsite.com / medicalexpress.com

Writing

Is a pill that can replace exercise a good thing? What are the pros and cons of this?

Chat

Talk about these words from the article.

scientists / exercise / performance / benefits / testing / mice / stamina / faster / changes / work out / improve / aerobic / endurance / drug / chemical / physical

True / False

- A new pill could help people who work out and exercise. T / F
- The new pill gives the body the same benefits it could get from running. T / F
- Scientists have only tested the new pill on monkeys so far. T / F
- The new pill could help people to live longer. T / F
- Scientists looked at what changes in the body because of exercise. T / F
- A researcher wanted to replace a drug with training. T / F
- The researcher found a chemical that made the body burn more sugar. T / F
- Burning more sugar means you can greatly improve your endurance. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|----------------------|----------------------|
| 1. help | a. becomes different |
| 2. increase | b. energy |
| 3. benefits | c. work |
| 4. stamina | d. elevate |
| 5. found | e. substitute |
| 6. changes | f. discovered |
| 7. improve | g. aid |
| 8. replace | h. rather than |
| 9. instead of | i. advantages |
| 10. effort | j. boost |

Discussion – Student A

- How much exercise do you do?
- Why do some people hate exercise?
- What are the benefits of exercise?
- Would you stop exercising if you could take a pill instead?
- How is your stamina?
- What's the best exercise you can do?
- What kind of exercise would you like to do?
- Why are people who exercise happier?

Phrase Match

- | | |
|---|-------------------------|
| 1. a new pill that could help people who | a. through training |
| 2. It could also increase the | b. effort |
| 3. produce the same benefits to the body that | c. by 70 per cent |
| 4. a longer | d. effects of exercise |
| 5. increase athletic performance in mice | e. performance |
| 6. improve their aerobic endurance | f. instead of sugar |
| 7. replace training | g. lifespan |
| 8. copy the positive | h. it gets from running |
| 9. burning fat | i. with a drug |
| 10. without all of the physical | j. do no exercise |

Discussion – Student B

- What do you think about what you read?
- How does exercise affect our body?
- How does exercise affect our mind?
- Should there be more exercise at schools?
- What other things do you wish pills could do?
- What are the bad things about exercising?
- What physical condition are you in?
- What questions would you like to ask the researchers?

Spelling

- aeicrsn the performance
- They are nedgvlpoei a pill
- produce the same etfiebsn
- It could give them better taisanm
- a longer lainsefp
- run faster and rfhtaer
- people can ripoevm
- aicrbeo endurance
- researchers found a hacelicm
- the ovstpiei effects of exercise
- burn fat adneist of sugar
- isahylcp effort

Answers – Synonym Match

1. g	2. d	3. i	4. b	5. f
6. a	7. j	8. e	9. h	10. c

Role Play

Role A – Running

You think running is the best exercise. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): housework, dancing or shopping.

Role B – Housework

You think housework is the best exercise. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): running, dancing or shopping.

Role C – Dancing

You think dancing is the best exercise. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): housework, running or shopping.

Role D – Shopping

You think shopping is the best exercise. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): housework, dancing or running.

Speaking – Exercise

Rank these with your partner. Put the best exercise at the top. Change partners often and share your rankings.

- | | |
|-------------------|-------------|
| • dancing | • running |
| • shopping | • housework |
| • weight training | • swimming |
| • aerobics | • hiking |

Answers – True False

a	T	b	T	c	F	d	T	e	T	f	F	g	F	h	F
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Answers to Phrase Match and Spelling are in the text.