

Too much jogging could shorten your life

9th April, 2014



We all know that running a few kilometres each day is good for our health, right? Well, what we didn't know, until now, is that running too much could be bad for

us. New research suggests that running long distances regularly for many years could shorten our life instead of extending it. The study is from the Minneapolis Heart Institute Foundation. Researcher Dr James O'Keefe said too much running can cause plaque to build up inside your heart. This can lead to heart disease. He wrote: "Years of extreme exercise...appears to erase some benefits you get from moderate exercise, so that your risk of heart disease, of dying of coronary disease, is the same as [an inactive] person."

The researchers looked at the health and training of 3,300 runners over the age of 35. Seventy per cent of them ran more than 30 kilometres a week. The study found that men who were marathon runners for 25 years had 62 per cent more plaque in their heart than men of the same age who did little or no exercise. Another doctor and long-time runner, John Hagan, said he feels cheated. He has been running marathons and doing triathlons since 1967. He used to run up to 60 kilometres per week. He said: "As a physician and a runner, I felt betrayed. I thought I was out there exhausting myself, building an absolutely indestructible heart." Dr Hagan advised people to exercise regularly but not to overdo things.

Sources: *Star Tribune / Guardian LV / Huffington Post*

Writing

There should be a law to make everyone run at least one kilometer a day. Discuss.

Chat

Talk about these words from the article.

running / health / long distances / shorten our life / heart disease / extreme exercise / training / marathon runners / cheated / doctor / exhausting / indestructible / overdo

True / False

- The article says we knew that long-distance running was bad for us. T / F
- New research says long-distance running can lead to an earlier death. T / F
- The study is from an institute that focuses on leg strength. T / F
- Long-distance running could remove the benefits of moderate exercise. T / F
- Researchers looked at the health and training of 35,000 runners. T / F
- The researchers said doing little or no exercise is good for your heart. T / F
- A doctor who started running in 1967 is happy with his health. T / F
- A doctor advised that moderation in exercise was best. T / F

Synonym Match

- | | |
|-------------------|----------------|
| 1. a few | a. harmful |
| 2. good | b. unbreakable |
| 3. bad | c. several |
| 4. cause | d. remove |
| 5. erase | e. often |
| 6. found | f. beneficial |
| 7. up to | g. doctor |
| 8. physician | h. as many as |
| 9. indestructible | i. lead to |
| 10. regularly | j. discovered |

Discussion – Student A

- Why do people like running?
- Would you be happy if you could be healthier without exercise?
- Which do you like better, running, swimming or cycling?
- Are there things in life you overdo?
- What's the best way of staying healthy?
- Where is the best place to go running, and why?
- Would you prefer to be a 100-metre champion or marathon champion?
- What questions would you like to ask the researchers?

Phrase Match

- | | |
|----------------------------|------------------------------|
| 1. good | a. from moderate exercise |
| 2. running long | b. cheated |
| 3. benefits you get | c. disease |
| 4. your risk | d. over the age of 35 |
| 5. coronary | e. things |
| 6. 3,300 runners | f. for our health |
| 7. men of the same age who | g. to 60 km per week |
| 8. he feels | h. of heart disease |
| 9. He used to run up | i. did little or no exercise |
| 10. overdo | j. distances |

Discussion – Student B

- Are you surprised at what this research found?
- Do you like running?
- Are you happy with the amount of exercise you get?
- What do you do to extend your life?
- What do you do that might shorten your life?
- Do you think runners will listen and cut down on running?
- How good do you feel after exercise?
- What problems might too much running cause?

Spelling

- running long distances ygallurel
- shorten our life instead of txdnenegi it
- erase some febtnei you get
- eortmeda exercise
- your risk of heart seaeisd
- the same as an ntceiavi person
- raschresree looked at the health and training
- atarmhno runners
- he feels haetdce
- a spcyhiian and a runner
- I thought I was out there tahxeniugs myself
- not to drevoo things

Answers – Synonym Match

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

Role Play

Role A – Running

You think running is the best exercise. Tell the others three reasons why. Tell them things that aren't so good about their ways to exercise. Also, tell the others which is the least useful of these (and why): swimming, weight training or playing team sports.

Role B – Swimming

You think swimming is the best exercise. Tell the others three reasons why. Tell them things that aren't so good about their ways to exercise. Also, tell the others which is the least useful of these (and why): running, weight training or playing team sports.

Role C – Weight training

You think weight training is the best exercise. Tell the others three reasons why. Tell them things that aren't so good about their ways to exercise. Also, tell the others which is the least useful of these (and why): swimming, running or playing team sports.

Role D – Playing team sports

You think playing team sports is the best exercise. Tell the others three reasons why. Tell them things that aren't so good about their ways to exercise. Also, tell the others which is the least useful of these (and why): swimming, weight training or running.

Speaking – Exercise

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

- running
- cycling
- swimming
- weight training
- aerobics
- hiking
- shadow boxing
- playing team sports

Answers – True False

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