

Exercise for teenage girls extends their life

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A new study has revealed the importance of exercise for teenage girls.

Researchers analysed data from a study conducted in Shanghai on 75,000 women

aged between 40 to 70. The team discovered that women who exercised regularly as a teenager were healthier than those who hadn't. The researchers concluded that teenage girls who did a maximum of 80 minutes exercise a week had a 16 per cent lower risk of dying from cancer and other diseases. This percentage went down to 13 for women who exercised more than 80 minutes a week as teenagers. The researchers said that in general, women would live longer if they did just 15 minutes of exercise a day in their teens.

Head researcher Dr Sarah Nechuta said that even if women in their twenties, thirties and forties did not work out, doing exercise as a teen would reduce longevity. She said: "In women, adolescent exercise participation, regardless of adult exercise, was associated with reduced risk of cancer and all-cause mortality." She added: "Our results support the importance of promoting exercise participation in adolescence to reduce mortality in later life and highlight the critical need for the initiation of disease prevention early in life." Dr Nechuta said that although the findings were based on data on women in China, the benefits of exercising during the teen years could be applicable to all women anywhere in the world.

Sources: *Express.co.uk* / *Yahoo.com* / *FoxNews.com*

Writing

Governments should force people to exercise more for their health. Discuss.

Chat

Talk about these words from the article.

study / teenage / exercise / regularly / maximum / diseases / in general / live longer / twenties / longevity / regardless / mortality / highlight / prevention / benefits

True / False

- The study in the article looked at data on 75,000 women. T / F
- All of the women were aged between 14 and 70. T / F
- All the women in the study exercised for 80 minutes or more a week. T / F
- Women live longer if they exercise for 15 minutes a day as teenagers. T / F
- A researchers said women in their 20s, 30s and 40s must exercise. T / F
- The researcher said teenage exercise reduced the risk of cancer. T / F
- The researcher said not all the women in the study were Chinese. T / F
- The researcher said all women would benefit from teenage exercise. T / F

Synonym Match

- | | |
|------------------|----------------|
| 1. revealed | a. carried out |
| 2. analysed | b. involvement |
| 3. conducted | c. vital |
| 4. went down | d. examined |
| 5. in general | e. advancing |
| 6. participation | f. normally |
| 7. associated | g. shown |
| 8. promoting | h. merits |
| 9. critical | i. decreased |
| 10. benefits | j. linked |

Discussion – Student A

- What is the best exercise we can do?
- Do you think people who exercise are happier than those who don't?
- Is it more fun to exercise alone or with other people?
- Which exercise would you prefer: jogging, swimming or cycling?
- Do you think exercising makes your brain work better?
- What do you think of the idea of having higher hospital charges for those who don't exercise?
- Should government build free gyms for everyone?
- What questions would you like to ask the researchers?

Phrase Match

- | | |
|----------------------------------|-----------------------------------|
| 1. the importance of exercise | a. as a teenager |
| 2. women aged | b. prevention |
| 3. women who exercised regularly | c. for teenage girls |
| 4. a 16 per cent lower risk of | d. twenties, thirties and forties |
| 5. in general, women | e. between 40 to 70 |
| 6. women in their | f. dying from cancer |
| 7. associated with reduced risk | g. later life |
| 8. reduce mortality in | h. would live longer |
| 9. disease | i. all women |
| 10. applicable to | j. of cancer |

Discussion – Student B

- What is the best exercise we can do?
- Do you think people who exercise are happier than those who don't?
- Is it more fun to exercise alone or with other people?
- Which exercise would you prefer: jogging, swimming or cycling?
- Do you think exercising makes your brain work better?
- What do you think of the idea of having higher hospital charges for those who don't exercise?
- Should government build free gyms for everyone?
- What questions would you like to ask the researchers?

Spelling

- A new study has reevdlea the importance
- Researchers adnylaes data from a study
- women who exercised lguayerrl
- The researchers locncdeud that...
- This gpetenaecr went down
- in lrgneea
- reduce ynvgoltie
- dsgarsleer of adult exercise
- reduce aotmrtyl in later life
- highlight the lcricati need
- the fensietb of exercising
- pcbpaliale to all women

Answers – Synonym Match

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

Role Play

Role A – Jogging

You think jogging is the best form of exercise. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the least useful of these (and why): swimming, weight training or cycling.

Role B – Swimming

You think swimming is the best form of exercise. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the least useful of these (and why): jogging, weight training or cycling.

Role C – Weight training

You think weight training is the best form of exercise. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the least useful of these (and why): swimming, jogging or cycling.

Role D – Cycling

You think cycling is the best form of exercise. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the least useful of these (and why): swimming, weight training or jogging.

Speaking – Exercise

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

- | | |
|------------|------------|
| • jogging | • aerobics |
| • swimming | • dancing |
| • weights | • walking |
| • cycling | • pilates |

Answers – True False

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