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Level 0 – 11th September 2025

Exercise and therapy can heal a broken heart

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome-0.html>

Broken hearts are real. They are caused by the stress of losing someone you love. Doctors think they have a cure.

Researchers conducted tests on 76 heartbroken people. The people all had weekly counselling and did lots of exercise.

Doctors were surprised at how counselling "improved heart function and patients' fitness".

Thousands of people have a broken heart. It can double the risk of dying early. People can get chest pain, shortness of breath, and tiredness. The illness makes the heart bigger and rounder. The research shows the importance of the brain-heart relationship. It said mental and physical therapy can help people.

Sources: <https://www.theguardian.com/society/2025/aug/30/exercise-therapy-mend-broken-heart-syndrome-takotsubo-study>
<https://www.mirror.co.uk/news/health/you-can-die-broken-heart-35814047>
<https://ca.news.yahoo.com/officially-mend-broken-heart-according-151252367.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome-0.html>

PARAGRAPH ONE:

- | | |
|-----------------------------------|---------------------|
| 1. Broken hearts | a. surprised |
| 2. caused by the stress of losing | b. a cure |
| 3. Doctors think they have | c. people |
| 4. Researchers conducted | d. function |
| 5. 76 heartbroken | e. are real |
| 6. The people all had weekly | f. tests |
| 7. Doctors were | g. counselling |
| 8. improved heart | h. someone you love |

PARAGRAPH TWO:

- | | |
|---------------------------------------|-------------------|
| 1. Thousands | a. of breath |
| 2. It can double the risk | b. relationship |
| 3. People can get chest | c. of dying early |
| 4. shortness | d. and rounder |
| 5. The illness makes the heart bigger | e. pain |
| 6. The research shows the | f. of people |
| 7. the brain-heart | g. help people |
| 8. physical therapy can | h. importance |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome-0.html>

Broken (1) _____. They are caused by the
(2) _____ someone you love. Doctors think
they (3) _____. Researchers conducted tests
on 76 heartbroken people. The people
(4) _____ counselling and did lots of
exercise. Doctors (5) _____ how counselling
"improved heart function (6) _____".
(7) _____ have a broken heart. It can double
the risk (8) _____. People can get chest
pain, shortness (9) _____ tiredness. The
illness makes the heart (10) _____. The
research shows the (11) _____ brain-heart
relationship. It said mental and physical therapy
(12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome-0.html>

Broken hearts are real. They are caused by the stress of losing someone you love. Doctors think they have a cure. Researchers conducted tests on 76 heartbroken people. The people all had weekly counselling and did lots of exercise. Doctors were surprised at how counselling "improved heart function and patients' fitness". Thousands of people have a broken heart. It can double the risk of dying early. People can get chest pain, shortness of breath, and tiredness. The illness makes the heart bigger and rounder. This research shows the importance of the brain-heart relationship. Its aim is to show that mental and physical therapy can help people.

BROKEN HEARTS

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome-0.html>

Write five GOOD questions about broken hearts 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) _____

WRITING

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome-0.html>

Write about **broken hearts** for 10 minutes. Read and talk about your partner's paper.

[illegible]