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**Level 1 – 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-1.html>

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**Please try Levels 0, 2 and 3. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome-1.html>

Broken hearts are real. They are caused by emotional or physical stress. It is usually because of losing someone you love. Doctors think they have a cure for it. Researchers conducted a 12-week test on 76 heartbroken people. The people all had weekly counselling. They also did exercise, like aerobics, cycling and swimming. The British Heart Foundation was surprised by how much counselling "improved heart function and patients' fitness".

Hundreds of thousands of people have broken heart syndrome. It can double the risk of dying early. Symptoms include chest pain, shortness of breath, and tiredness. The illness makes the heart rounder, like an octopus. "Takotsubo" is a Japanese word. It means a round pot used to catch an octopus. 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-1.html>

## PARAGRAPH ONE:

- |                                 |                         |
|---------------------------------|-------------------------|
| 1. Broken hearts                | a. cure for it          |
| 2. They are caused by emotional | b. counselling          |
| 3. losing someone               | c. or physical stress   |
| 4. Doctors think they have a    | d. a 12-week test       |
| 5. Researchers conducted        | e. cycling and swimming |
| 6. The people all had weekly    | f. are real             |
| 7. aerobics,                    | g. function             |
| 8. improved heart               | h. you love             |

## PARAGRAPH TWO:

- |                                |                        |
|--------------------------------|------------------------|
| 1. Hundreds of                 | a. of breath           |
| 2. It can double the risk      | b. therapy             |
| 3. chest                       | c. of dying early      |
| 4. shortness                   | d. heart relationship  |
| 5. The illness makes the heart | e. thousands of people |
| 6. a round pot used            | f. rounder             |
| 7. the brain-                  | g. pain                |
| 8. mental and physical         | h. to catch an octopus |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome-1.html>

Broken (1) \_\_\_\_\_. They are caused by emotional or physical stress. It is usually because (2) \_\_\_\_\_ you love. Doctors think they have a cure for it. Researchers conducted a 12-week test on 76 heartbroken people. The people (3) \_\_\_\_\_ counselling. They (4) \_\_\_\_\_, like aerobics, cycling and swimming. The British Heart Foundation was (5) \_\_\_\_\_ much counselling "improved heart function (6) \_\_\_\_\_".

(7) \_\_\_\_\_ of people have broken heart syndrome. It can (8) \_\_\_\_\_ of dying early. Symptoms include chest pain, (9) \_\_\_\_\_, and tiredness. The illness makes the heart rounder, (10) \_\_\_\_\_. "Takotsubo" is a Japanese word. It means a round (11) \_\_\_\_\_ catch an octopus. The research shows the importance of the brain-heart relationship. It said (12) \_\_\_\_\_ therapy can help people.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome-1.html>

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# BROKEN HEARTS SURVEY

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome-4.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) \_\_\_\_\_

*Exercise and therapy can heal a broken heart – 11th September 2025*  
More free lessons at [breakingnewsenglish.com](http://breakingnewsenglish.com)

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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-1.html>

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

[illegible]