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Level 2 – 11th September 2025

Exercise and therapy can heal a broken heart

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<https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome-2.html>

Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome-2.html>

Broken hearts are real. They are caused by lots of emotional or physical stress. This stress can come from losing someone you love. Doctors think they have a cure for it. Researchers at a university in Scotland conducted a 12-week test on 76 people with a broken heart. The patients all had weekly counselling. They also took part in an exercise programme. This included aerobics, cycling and swimming. The British Heart Foundation said it was surprised by how much the counselling "improved heart function and patients' fitness".

Hundreds of thousands of people have broken heart syndrome. It affects women most and can double the risk of dying early. It may explain why a spouse dies soon after their partner's death. Symptoms include chest pain, shortness of breath, and fatigue. The illness makes the heart change shape. It becomes rounder, like an octopus. "Takotsubo" is a Japanese word. It means a round pot used to catch an octopus. The lead researcher said his research highlights the importance of the brain-heart relationship. He 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-2.html>

PARAGRAPH ONE:

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

PARAGRAPH TWO:

- | | |
|-----------------------------------|------------------------|
| 1. Hundreds of | a. physical therapy |
| 2. It affects women | b. partner's death |
| 3. double the risk | c. most |
| 4. a spouse dies soon after their | d. pain |
| 5. Symptoms include chest | e. thousands of people |
| 6. shortness of | f. heart relationship |
| 7. the importance of the brain- | g. breath |
| 8. mental and | h. of dying early |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome-2.html>

Broken (1) _____. They are caused by lots of emotional or physical stress. This stress can (2) _____ someone you love. Doctors think they have a (3) _____. Researchers at a university in Scotland conducted a 12-week test on 76 people with a broken heart. The patients (4) _____ counselling. They also took part in an exercise programme. This included aerobics, (5) _____. The British Heart Foundation said it was surprised by how much the counselling "(6) _____ and patients' fitness".

Hundreds (7) _____ people have broken heart syndrome. It affects women most and can (8) _____ of dying early. It may explain why a spouse dies soon after (9) _____. Symptoms include chest pain, shortness of breath, and fatigue. The illness makes the (10) _____. It becomes rounder, like an octopus. "Takotsubo" is a Japanese word. It means a round pot used to (11) _____. The lead researcher said his research highlights the importance of the brain-heart relationship. He said mental (12) _____ can help people.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome-2.html>

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BROKEN HEARTS SURVEY

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome-2.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-2.html>

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

[illegible]