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**Level 0** – 25th June 2026

## Lifting weights helps you to live longer

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

<https://breakingnewsenglish.com/2606/260625-strength-training-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/2606/260625-strength-training-0.html>

Strength training helps us live longer. Scientists looked at exercise data on 150,000 adults. The adults who often did strength training had a lower risk of dying younger. The training protected the adults from heart disease. People who did up to two hours of training a week had a 19 per cent lower risk of dying from heart disease.

Muscles are important. They help us live longer. Stronger muscles give many benefits. If our muscles are not active, they do not burn up so much fat and sugar. Instead, these become body fat. This can lead to heart disease. A website said people should walk, cycle, swim, "or do whatever gets your heart rate up".

Sources: <https://medicalxpress.com/news/2026-06-people-weights-longer.html>  
<https://www.zmescience.com/medicine/strength-training-longevity-sweet-spot/>  
<https://theconversation.com/people-who-lift-weights-live-longer-new-study-284787>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2606/260625-strength-training-0.html>

## PARAGRAPH ONE:

- |                             |                      |
|-----------------------------|----------------------|
| 1. Strength training helps  | a. disease           |
| 2. exercise data on         | b. strength training |
| 3. adults who often did     | c. two hours         |
| 4. a lower risk of dying    | d. us live longer    |
| 5. The training protected   | e. of dying          |
| 6. heart                    | f. younger           |
| 7. People who did up to     | g. 150,000 adults    |
| 8. a 19 per cent lower risk | h. the adults        |

## PARAGRAPH TWO:

- |                                  |                   |
|----------------------------------|-------------------|
| 1. Muscles are                   | a. disease        |
| 2. They help us live             | b. walk           |
| 3. If our muscles                | c. up             |
| 4. burn up so much fat           | d. are not active |
| 5. these become body             | e. important      |
| 6. This can lead to heart        | f. and sugar      |
| 7. A website said people should  | g. longer         |
| 8. whatever gets your heart rate | h. fat            |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2606/260625-strength-training-0.html>

Strength (1) \_\_\_\_\_ live longer. Scientists looked (2) \_\_\_\_\_ on 150,000 adults. The adults (3) \_\_\_\_\_ strength training had a lower risk (4) \_\_\_\_\_. The training protected the adults from heart disease. People (5) \_\_\_\_\_ to two hours of training a week had a 19 per cent lower risk of dying (6) \_\_\_\_\_.

(7) \_\_\_\_\_. They help us live longer. Stronger muscles (8) \_\_\_\_\_. If our muscles are not active, they do not (9) \_\_\_\_\_ much fat and sugar. Instead, (10) \_\_\_\_\_ fat. This can lead to heart disease. A website said (11) \_\_\_\_\_, cycle, swim, "or do whatever gets your (12) \_\_\_\_\_".

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2606/260625-strength-training-0.html>

Strength training helps us live longer. Scientists looked at exercised data on 150,000 adults. The adults who often did strength training had a lower risk of dying younger. The training protected the adults from heart disease. People who did up to two hours of training a week had a 19 percent lower risk of dying from heart disease. Muscles are important. They help us live longer. Stronger muscles give many benefits. If four muscles are not active, they do not burn up so much fat and sugar. Instead, these become body fat. This can lead to heart disease. A website said people should walk, cycle, swim, "or do whatever gets your heart rate up".

# WEIGHT TRAINING

From <https://breakingnewsenglish.com/2606/260625-strength-training-0.html>

Write five GOOD questions about weight training 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) \_\_\_\_\_

