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Level 1 – 25th June 2026

Lifting weights helps you to live longer

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<https://breakingnewsenglish.com/2606/260625-strength-training-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/2606/260625-strength-training-1.html>

Researchers say strength training helps us live longer. Scientists looked at exercise data on 150,000 adults for 30 years. They found that adults who did regular amounts of strength training had a lower risk of dying younger. The researchers say the exercise protected people from heart disease, strokes, and mental illnesses. People who did up to two hours of training every week had a 19 per cent reduced risk of dying from heart disease.

Muscles are important. They help us live longer. Stronger muscles give many benefits. Muscles control how much sugar and harmful fats we burn. If our muscles are not active, they do not burn up so much sugar. Instead, this is turned into body fat. This can lead to heart disease and other health problems. A website said people should walk, cycle, swim, "or do whatever gets your heart rate up". It also said weights were good.

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-1.html>

PARAGRAPH ONE:

- | | |
|-------------------------------|----------------------|
| 1. regular amounts of | a. of dying |
| 2. a lower risk of dying | b. people |
| 3. the exercise protected | c. strength training |
| 4. mental | d. disease |
| 5. People who did up to | e. illnesses |
| 6. training every | f. two hours |
| 7. a 19 per cent reduced risk | g. week |
| 8. heart | h. younger |

PARAGRAPH TWO:

- | | |
|----------------------------------|---------------------|
| 1. muscles are | a. benefits |
| 2. They help | b. to heart disease |
| 3. Stronger muscles give many | c. are not active |
| 4. how much | d. much sugar |
| 5. If our muscles | e. important |
| 6. they do not burn up so | f. up |
| 7. This can lead | g. us live longer |
| 8. whatever gets your heart rate | h. sugar |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2606/260625-strength-training-1.html>

Researchers say strength training helps us live longer. Scientists looked (1) _____ on 150,000 adults for 30 years. They found that adults who (2) _____ of strength training had (3) _____ of dying younger. The researchers say the (4) _____ from heart disease, strokes, and mental illnesses. People who did (5) _____ hours of training every week had a 19 per cent reduced risk of dying (6) _____.

(7) _____. They help us live longer. Stronger muscles give many benefits. Muscles (8) _____ sugar and harmful fats we burn. If our muscles are not active, they do (9) _____ so much sugar. Instead, this is turned into body fat. This (10) _____ heart disease and other health problems. A website said people should walk, cycle, swim, "(11) _____ gets your heart rate up". It also said (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2606/260625-strength-training-1.html>

Researchers say strength training helps us live longer. Scientists looked at exercise data on 150,000 adults for 30 years. They found that adults who did regular amounts of strength training had a lower risk of dying younger. The researchers say the exercise protected people from heart disease, strokes, and mental illnesses. People who did up to two hours of training every week had a 19 percent reduced risk of dying from heart disease. Muscles are important. They help us live longer. Stronger muscles give many benefits. Muscles control how much sugar and harmful fats we burn. If our muscles are not active, they do not burn up so much sugar. Instead, this is turned into body fat. This can lead to heart disease and other health problems. A website said people should walk, cycle, swim, "or do whatever gets your heart rate up". It also said weights were good.

WEIGHT TRAINING SURVEY

From <https://breakingnewsenglish.com/2606/260625-strength-training-4.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) _____

