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Level 2 – 25th June 2026

Lifting weights helps you to live longer

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<https://breakingnewsenglish.com/2606/260625-strength-training-2.html>

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

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THE READING

From <https://breakingnewsenglish.com/2606/260625-strength-training-2.html>

Researchers say regular strength training may help us live longer. Scientists followed the exercise habits of 150,000 adults for 30 years. The study found that people who did regular amounts of strength training had a lower risk of dying at a younger age. The researchers believe that the exercise protected people from problems like 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 and a 27 per cent lower risk of dying from a mental illness.

The researchers said our muscles are important for helping us live longer. Stronger muscles give many health benefits. Muscles control how much sugar and harmful fats are in our body. 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 diabetes, heart disease and other health problems. A website advised people to walk, cycle, swim, "or doing whatever gets your heart rate up". It also said weights were good. The study is published in the British Journal of Sports Medicine.

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-2.html>

PARAGRAPH ONE:

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

PARAGRAPH TWO:

- | | |
|------------------------------------|--------------------|
| 1. helping us live | a. into body fat |
| 2. health | b. are in our body |
| 3. how much sugar and harmful fats | c. up |
| 4. they do not burn up | d. benefits |
| 5. this is turned | e. were good |
| 6. This can lead | f. so much sugar |
| 7. whatever gets your heart rate | g. to diabetes |
| 8. It also said weights | h. longer |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2606/260625-strength-training-2.html>

Researchers (1) _____ training may help us live longer. Scientists followed (2) _____ of 150,000 adults for 30 years. The study found that people who did regular amounts of strength training had (3) _____ of dying at a younger age. The researchers believe that the exercise (4) _____ problems like heart disease, strokes, and mental illnesses. People who (5) _____ two hours of training every week had a 19 per cent reduced risk of dying from heart disease and a 27 per cent lower risk of dying from (6) _____.

The researchers said our (7) _____ for helping us live longer. Stronger muscles give many health benefits. Muscles (8) _____ sugar and harmful fats are in our body. If our muscles are not active, they do (9) _____ so much sugar. Instead, this is turned into body fat. This (10) _____ diabetes, heart disease and other health problems. A website advised people to walk, cycle, swim, "or (11) _____ your heart rate up". It also said weights were good. The study (12) _____ the British Journal of Sports Medicine.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2606/260625-strength-training-2.html>

Researchers say regular strength training may help us live longer. Scientists followed the exercise habits of 150,000 adults for 30 years. The study found that people who did regular amounts of strength training had a low risk of dying at a younger age. The researchers believe that the exercise protected people from problems like 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 and a 27 percent lower risk of dying from mental illness. The researchers said our muscles are important for helping us live longer. Stronger muscles give many health benefits. Muscles control how much sugar and harmful fats are in our body. 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 diabetes, heart disease and other health problems. A website advised people to walk, cycle, swim, "or doing whatever gets your heart rate up". It also said weights were good. The study is published in the British Journal of Sports Medicine.

WEIGHT TRAINING SURVEY

From <https://breakingnewsenglish.com/2606/260625-strength-training-2.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) _____

