

Lifting weights helps you to live longer

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Researchers have reported that regular strength training may help us to live longer. Scientists followed the exercise habits and health of nearly 150,000 adults for 30 years. The study found that people who did moderate

amounts of strength training on a regular basis had a lower risk of dying at a younger age. The researchers suggested that such exercise protected people from cardiovascular problems, such as heart disease and strokes, and mental illnesses. People who did up to two hours of strength training every week had a 13 per cent lower risk of dying. There was a 19 per cent reduced risk of dying from cardiovascular disease and a 27 per cent lower risk of dying from mental illnesses.

The researchers said our muscles play an important part in keeping us alive for longer. Stronger muscles provide many health benefits. Muscles help to control how much glucose, sugar, and harmful fats are in our body. If we do not keep our muscles active, they do not burn up so much sugar and fat. Instead, they are turned into body fat. Too much body fat can lead to diabetes, heart disease and other health problems. The website ZME Science advised people to do a variety of exercises. It wrote: "Keep walking, cycling, swimming, or doing whatever gets your heart rate up. But add some resistance work too." The study is published in the British Journal of Sports Medicine.

Sources:

medicalxpress.com / zmescience.com / theconversation.com

Writing

We should all do everything we can to live longer. Discuss.

Chat

Talk about these words from the article.

researchers / strength / training / live longer / exercise / cardiovascular / dying / risk / muscles / sugar / fat / diabetes / heart disease / cycling / swimming / heart rate

True / False

- 1) The article people who train with weights live longer. T / F
- 2) Researchers looked at the lifestyles of nearly 150,000 people. T / F
- 3) Strength training helped prevent cardiovascular diseases. T / F
- 4) People who trained for up to 2 hours a week lived 27 years longer. T / F
- 5) Muscles help to control glucose levels in our body. T / F
- 6) The article says not enough body fat can cause diabetes. T / F
- 7) A website urged people to do anything to keep their heart rate up. T / F
- 8) The study is published only in a newspaper. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|------------------------|----------------|
| 1. regular | a. sicknesses |
| 2. nearly | b. working |
| 3. protected | c. printed |
| 4. illnesses | d. almost |
| 5. risk | e. recommended |
| 6. benefits | f. chance |
| 7. active | g. frequent |
| 8. advised | h. different |
| 9. a variety of | i. pluses |
| 10. published | j. kept safe |

Discussion – Student A

- a) How strong are you?
- b) What exercise do you do?
- c) How much do you like exercising?
- d) What do you know about cardiovascular diseases?
- e) What do you know about strokes?
- f) What exercise would you like to take up?
- g) Is your smartphone making you exercise less?
- h) What advice do you have for people who hate exercise?

Phrase Match

- | | |
|---|--------------------------|
| 1. people who did moderate | a. basis |
| 2. on a regular | b. variety of exercises |
| 3. researchers suggested that such exercise | c. from mental illnesses |
| 4. cardiovascular | d. benefits |
| 5. a 27 per cent lower risk of dying | e. amounts |
| 6. muscles play an important part | f. rate up |
| 7. health | g. disease |
| 8. Too much body fat can lead | h. in keeping us alive |
| 9. advised people to do a | i. to diabetes |
| 10. doing whatever gets your heart | j. protected people |

Discussion – Student B

- What do you think about what you read?
- What do you know about muscles?
- How important are big muscles to you?
- What can we do to stay a healthy weight?
- What do you know about diabetes?
- Which is better - walking, cycling, or swimming?
- Would you like to read the published study?
- What questions would you like to ask the researchers?

Spelling

- lergrua strength training
- rscxeiee habits
- people who did omeetdar amounts
- tcrpedteo people from cardiovascular problems
- heart eidaess and strokes
- dying from mental lslenesis
- ecssuml play an important part
- health esbifent
- control how much gucsleo
- body fat can lead to bitasede
- do a virayet
- the study is bpesulhid

Answers – Synonym Match

1. g	2. d	3. j	4. a	5. f
6. i	7. b	8. e	9. h	10. c

Comprehension Questions

Listen to / read the news article. Answer these questions. (Answers are on p. 27 of the 27-page PDF.)

1.	How many people's health data did the researchers look at?
2.	How often did people do moderate training to reduce death risks?
3.	What disease was mentioned in the article?
4.	What illnesses were mentioned in the article?
5.	What was there a 19 per cent reduced risk of dying from?
6.	What does the article say plays a key role in helping us live longer?
7.	What do muscles help to control besides glucose and sugar?
8.	What can too much body fat lead to?
9.	What did a website advise us to do a variety of?
10.	Where is the study published?

Speaking – Exercise

Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- | | |
|------------|-------------------|
| • Walking | • Weight training |
| • Swimming | • Aerobics |
| • Cycling | • Dancing |
| • Jogging | • Sit-ups |

Answers – True False

1	F	2	T	3	T	4	F	5	T	6	F	7	T	8	F
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Answers to Phrase Match and Spelling are in the text.