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Level 3 – 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.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

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

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: <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>

WARM-UPS

1. WEIGHT TRAINING: Students walk around the class and talk to other students about weight training. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

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

Have a chat about the topics you liked. Change topics and partners frequently.

3. STRENGTH: Students A **strongly** believe all schoolchildren should have lessons on strength training; Students B **strongly** believe not. Change partners again and talk about your conversations.

4. LIVING LONGER: How good are these things at helping us to live longer? Do you do these things? Complete this table with your partner(s). Change partners often and share what you wrote.

	How Good?	You?
Exercise		
Eat well		
Sleep well		
No bad habits		
Health checks		
Avoid risks		

5. HABIT: Spend one minute writing down all of the different words you associate with the word "habit". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

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

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

VOCABULARY MATCHING

Paragraph 1

- | | |
|-------------------------|--|
| 1. regular | a. The chance that something bad may happen. |
| 2. habits | b. Done in a usual way. |
| 3. moderate (adjective) | c. Not too much and not too little. |
| 4. risk (noun) | d. A serious health problem when blood cannot reach part of the brain. |
| 5. cardiovascular | e. Made smaller or less. |
| 6. stroke (noun) | f. Things that people do often in their daily life. |
| 7. reduced | g. Related to the heart and blood vessels. |

Paragraph 2

- | | |
|---------------------|--|
| 8. muscles | h. A type of sugar in the blood that gives the body energy. |
| 9. alive | i. Made available (as a book, as a research paper, on a website, etc.) for people to read. |
| 10. benefits (noun) | j. Different kinds of things. |
| 11. glucose | k. Good things that help you. |
| 12. diabetes | l. A disease that affects how the body uses sugar. |
| 13. variety | m. Parts of the body that help you move and give you power. |
| 14. published | n. Living and not dead. |

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

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**

2. 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 |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|---|--------------------------|
| 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 |

GAP FILL

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

Researchers have reported that (1) _____ strength training may help us to live longer. Scientists followed the exercise (2) _____ and health of nearly 150,000 adults for 30 years. The study found that people who did moderate (3) _____ of strength training on a regular basis had a lower risk of dying at a younger (4) _____. The researchers suggested that such exercise protected people from cardiovascular problems, such as (5) _____ disease and strokes, and mental illnesses. People who did up to two hours of strength training every week had a 13 per cent (6) _____ risk of dying. There was a 19 per cent reduced risk of dying from cardiovascular disease and a 27 per cent lower (7) _____ of dying from mental (8) _____.

amounts
heart
regular
illnesses
age
risk
habits
lower

The researchers said our muscles play an important (9) _____ in keeping us (10) _____ for longer. Stronger muscles provide many health (11) _____. Muscles help to control how much glucose, sugar, and harmful (12) _____ 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 (13) _____ fat can lead to diabetes, heart disease and other health problems. The website ZME Science advised people to do a (14) _____ of exercises. It wrote: "Keep walking, (15) _____, swimming, or doing whatever gets your heart rate up. But add some resistance work too." The study is (16) _____ in the British Journal of Sports Medicine.

variety
alive
published
fats
cycling
part
body
benefits

LISTENING – Guess the answers. Listen to check.

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

- 1) Researchers have reported that regular strength training may help us _____
 - a. to alive longer
 - b. to life longer
 - c. to live longer
 - d. to lively longer
- 2) Scientists followed the exercise _____
 - a. habit and health
 - b. habits and health
 - c. habits and healthy
 - d. habitat and health
- 3) people who did moderate amounts of strength training on _____
 - a. a regular basis
 - b. a irregular basis
 - c. a regular bases
 - d. a regulate basis
- 4) exercise protected people from cardiovascular problems, such as heart _____
 - a. disease and steaks
 - b. disease and stokes
 - c. disease end strokes
 - d. disease and strokes
- 5) There was a 19 per cent reduced _____
 - a. risk off dying
 - b. risk of dying
 - c. risk of dye in
 - d. risk of dead
- 6) The researchers said our muscles play an important part in _____
 - a. keeping us alive
 - b. keeping us a life
 - c. keeping us live
 - d. keeping us relive
- 7) Muscles help to control how much glucose, sugar, _____
 - a. and harms full fats
 - b. and harmfully fats
 - c. and harmful fats
 - d. and harm fully fats
- 8) they do not burn up so much sugar and fat. Instead, they are turned _____
 - a. onto body fat
 - b. unto body fat
 - c. into body fat
 - d. as to body fat
- 9) body fat can lead to diabetes, heart disease and _____
 - a. another health problems
 - b. other health problem
 - c. others health problems
 - d. other health problems
- 10) Keep walking, cycling, swimming, or doing whatever gets your _____
 - a. heart ray top
 - b. heart rate up
 - c. heart rate top
 - d. hearts rate up

LISTENING – Listen and fill in the gaps

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

Researchers have reported (1) _____ training may help us to live longer. Scientists followed (2) _____ and health of nearly 150,000 adults for 30 years. The study found that people who did moderate amounts of strength training on (3) _____ had a lower risk of dying at a younger age. The researchers suggested that such exercise protected people from cardiovascular problems, (4) _____ disease and strokes, and mental illnesses. People who (5) _____ 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 (6) _____ from mental illnesses.

The researchers said our muscles (7) _____ part in keeping us alive for longer. Stronger muscles provide many health benefits. Muscles help (8) _____ much glucose, sugar, and harmful fats are in our body. If we do not keep our muscles active, they do not burn up (9) _____ 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 (10) _____ to do a variety of exercises. It wrote: "Keep walking, cycling, swimming, or doing whatever gets your (11) _____. But add some resistance work too." The study is (12) _____ British Journal of Sports Medicine.

COMPREHENSION QUESTIONS

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

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?

MULTIPLE CHOICE - QUIZ

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

- 1) How many people's health data did the researchers look at?
 - a) around 150,000
 - b) just over 150,000
 - c) exactly 150,000
 - d) nearly 150,000
- 2) How often did people do moderate training to reduce death risks?
 - a) daily
 - b) on a regular basis
 - c) once every two days
 - d) twice a day
- 3) What disease was mentioned in the article?
 - a) influenza
 - b) asthma
 - c) cancer
 - d) heart disease
- 4) What illnesses were mentioned in the article?
 - a) cancer
 - b) respiratory illnesses
 - c) mental illnesses
 - d) asthma
- 5) What was there a 19 per cent reduced risk of dying from?
 - a) old age
 - b) stress
 - c) mental illnesses
 - d) cardiovascular disease
- 6) What does the article say plays a key role in helping us live longer?
 - a) sleep
 - b) protein
 - c) muscles
 - d) sunshine
- 7) What do muscles help to control besides glucose and sugar?
 - a) harmful fats
 - b) mood
 - c) intelligence
 - d) sleep
- 8) What can too much body fat lead to?
 - a) blisters
 - b) cramps
 - c) diabetes
 - d) headaches
- 9) What did a website advise us to do a variety of?
 - a) warm ups
 - b) exercises
 - c) breathing exercises
 - d) games
- 10) Where is the study published?
 - a) in a journal
 - b) in a book
 - c) in a newspaper
 - d) online

ROLE PLAY

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

Role A – Walking

You think walking is the best exercise. Tell the others three reasons why. Tell them what is wrong with their kinds of exercise. Also, tell the others which is the least enjoyable of these (and why): swimming, cycling or dancing.

Role B – Swimming

You think swimming is the best exercise. Tell the others three reasons why. Tell them what is wrong with their kinds of exercise. Also, tell the others which is the least enjoyable of these (and why): walking, cycling or dancing.

Role C – Cycling

You think cycling is the best exercise. Tell the others three reasons why. Tell them what is wrong with their kinds of exercise. Also, tell the others which is the least enjoyable of these (and why): swimming, walking or dancing.

Role D – Dancing

You think dancing is the best exercise. Tell the others three reasons why. Tell them what is wrong with their kinds of exercise. Also, tell the others which is the least enjoyable of these (and why): swimming, cycling or walking.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look online / in your dictionary to find collocates, information on, synonyms for... the words 'strength' and 'training'.

strength	training

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• live• 30• age• protected• 13• 27	<ul style="list-style-type: none">• part• control• burn• variety• keep• journal
---	--

WEIGHT TRAINING SURVEY

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

WEIGHT TRAINING DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'strength'?
3. How strong are you?
4. What exercise do you do?
5. How much do you like exercising?
6. What do you know about cardiovascular diseases?
7. What do you know about strokes?
8. What exercise would you like to take up?
9. Is your smartphone making you exercise less?
10. What advice do you have for people who hate exercise?

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WEIGHT TRAINING DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'training'?
13. What do you think about what you read?
14. What do you know about muscles?
15. How important are big muscles to you?
16. What can we do to stay a healthy weight?
17. What do you know about diabetes?
18. Which is better - walking, cycling, or swimming?
19. Would you like to read the published study?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

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

Researchers have (1) _____ that regular strength training may help us to (2) _____ 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 (3) _____ a regular basis had a lower risk of dying at a younger age. The researchers suggested that (4) _____ exercise protected people from cardiovascular problems, such as heart disease and strokes, and mental illnesses. People who did (5) _____ 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 (6) _____ risk of dying from mental illnesses.

The researchers said our muscles play an important part (7) _____ keeping us alive for longer. Stronger muscles provide many health benefits. Muscles help to control how much glucose, (8) _____, 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 (9) _____ to diabetes, heart disease and other health problems. The website ZME Science (10) _____ people to do a variety of exercises. It wrote: "Keep walking, cycling, swimming, or (11) _____ whatever gets your heart rate up. But add some resistance work too." The study is (12) _____ in the British Journal of Sports Medicine.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|--------------|---------------|---------------|---------------|
| 1. | (a) reporter | (b) reported | (c) report | (d) reporting |
| 2. | (a) lively | (b) life | (c) alive | (d) live |
| 3. | (a) in | (b) on | (c) as | (d) by |
| 4. | (a) so | (b) of | (c) such | (d) many |
| 5. | (a) up | (b) of | (c) at | (d) on |
| 6. | (a) lower | (b) lowly | (c) low | (d) lows |
| 7. | (a) up | (b) to | (c) on | (d) in |
| 8. | (a) sugar | (b) sugared | (c) sugary | (d) sugaring |
| 9. | (a) leads | (b) lead | (c) leader | (d) leading |
| 10. | (a) advice | (b) advise | (c) advised | (d) advising |
| 11. | (a) do | (b) does | (c) doing | (d) done |
| 12. | (a) publish | (b) published | (c) publishes | (d) publisher |

SPELLING

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

Paragraph 1

1. lergrua strength training
2. rscxeiee habits
3. people who did omeetdar amounts
4. tcrpedteo people from cardiovascular problems
5. heart eidaess and strokes
6. dying from mental lslenesis

Paragraph 2

7. ecssuml play an important part
8. health esbifent
9. control how much gucseleo
10. body fat can lead to bitasede
11. do a virayet
12. the study is bpesulhid

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () 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
- () fats are in our body. If we do not keep our muscles active, they do not burn
- () habits and health of nearly 150,000 adults for 30 years. The study found that people who did moderate amounts
- () longer. Stronger muscles provide many health benefits. Muscles help to control how much glucose, sugar, and harmful
- () of strength training on a regular basis had a lower risk of dying at a younger
- (**1**) Researchers have reported that regular strength training may help us to live longer. Scientists followed the exercise
- () 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
- () to diabetes, heart disease and other health problems. The website ZME Science advised people to do a
- () up so much sugar and fat. Instead, they are turned into body fat. Too much body fat can lead
- () up. But add some resistance work too." The study is published in the British Journal of Sports Medicine.
- () variety of exercises. It wrote: "Keep walking, cycling, swimming, or doing whatever gets your heart rate
- () week had a 13 per cent lower risk of dying. There was a 19 per cent reduced

PUT THE WORDS IN THE RIGHT ORDER

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

1. Strength help live longer may to training us .
2. amounts did moderate of People strength training who .
3. cardiovascular exercise from people problems protected Such .
4. A cardiovascular disease dying from of reduced risk .
5. A dying from illnesses lower mental of risk .
6. an important muscles our part play researchers said The .
7. burn do much not so sugar They up .
8. Too body can diabetes fat lead much to .
9. a Advised do exercises of people variety to .
10. Doing gets heart rate up whatever your .

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Researchers have *reporting* / *reported* that regular strength training may help us to live *length* / *longer*. Scientists followed the exercise habits and *health* / *healthy* of nearly 150,000 adults for 30 years. The study *find* / *found* that people who did moderate amounts *to* / *of* strength training on a regular basis had a lower *risky* / *risk* of dying at a younger age. The researchers suggested that such exercise *protected* / *protection* people from cardiovascular problems, such as heart disease and strokes, and mental illnesses. People who did *down* / *up* to two hours of strength training every week had a 13 per cent lower risk *of* / *on* dying. There was a 19 per cent reduced risk of dying from cardiovascular disease and a 27 per cent lower risk of dying from *mentally* / *mental* illnesses.

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

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

INSERT THE VOWELS (a, e, i, o, u)

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

R_s__rch_rs h_v_ r_p_rt_d th_t r_g_l_r str_ngh
tr__n_ng m_y h_lp _s t_ l_v_ l_ng_r. Sc__nt_sts
f_ll_w_d th_ _x_rc_s_ h_b_ts _nd h__lth _f n__rly
150,000 _d_lts f_r 30 y__rs. Th_ st_dy f__nd th_t
p__pl_ wh_ d_d m_d_r_t_ _m__nts _f str_ngh tr__n_ng
_n _ r_g_l_r b_s_s h_d _ l_w_r r_sk _f dy_ng _t _
y__ng_r _g_. Th_ r_s__rch_rs s_gg_st_d th_t s_ch
_x_rc_s_ pr_t_ct_d p__pl_ fr_m c_rd__v_sc_l_r pr_bl_ms,
s_ch _s h__rt d_s__s_ _nd str_k_s, _nd m_nt_l
_lln_ss_s. P__pl_ wh_ d_d _p t_ tw_ h__rs _f str_ngh
tr__n_ng _v_ry w__k h_d _ 13 p_r c_nt l_w_r r_sk _f
dy_ng. Th_r_ w_s _ 19 p_r c_nt r_d_cd r_sk _f
dy_ng fr_m c_rd__v_sc_l_r d_s__s_ _nd _ 27 p_r c_nt
l_w_r r_sk _f dy_ng fr_m m_nt_l _lln_ss_s.

Th_ r_s__rch_rs s__d __r m_scl_s pl_y _n _mp_rnt
p_rt _n k__p_ng _s _l_v_ f_r l_ng_r. Str_ngh_r m_scl_s
pr_v_d_ m_ny h__lth b_n_f_ts. M_scl_s h_lp t_ c_ntr_l
h_w m_ch gl_c_s_, s_g_r, _nd h_rmf_l f_ts _r_ _n __r
b_dy. _f w_ d_ n_t k__p __r m_scl_s _ct_v_, th_y d_
n_t b_rn _p s_ m_ch s_g_r _nd f_t. _nst__d, th_y _r_
t_rn_d _nt_ b_dy f_t. T__ m_ch b_dy f_t c_n l__d t_
d__b_t_s, h__rt d_s__s_ _nd _th_r h__lth pr_bl_ms.
Th_ w_bs_t_ ZM_ Sc__nc_ _dv_s_d p__pl_ t_ d_ _
v_r__ty _f _x_rc_s_s. _t wr_t_: "K__p w_lk_ng,
cycl_ng, sw_mm_ng, _r d__ng wh_t_v_r g_ts y__r h__rt
r_t_ _p. B_t _dd s_m_ r_s_st_nc_ w_rk t__." Th_
st_dy _s p_bl_sh_d _n th_ Br_t_sh J__rn_l _f Sp_rts
M_d_c_n_.

PUNCTUATE THE TEXT AND ADD CAPITALS

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

researchers have reported that regular strength training may help us to live longer scientists followed the exercise habits and health of nearly 150000 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

PUT A SLASH (/) WHERE THE SPACES ARE

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

Researchers have reported that regular strength training may help you 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 percent lower risk of dying. There was a 19 percent reduced risk of dying from cardiovascular disease and a 27 percent lower risk of dying from mental illnesses. The researchers said our muscles play a very 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 returned 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.

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. WEIGHT TRAINING: Make a poster about weight training. Show your work to your classmates in the next lesson. Did you all have similar things?

4. STRENGTH: Write a magazine article about all schoolchildren being required to work on their strength. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on weight training. Ask him/her three questions about weight training. Give him/her three of your ideas. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. b 2. f 3. c 4. a 5. g 6. d 7. e
8. m 9. n 10. k 11. h 12. l 13. j 14. i

TRUE / FALSE (p.5)

- 1 F 2 T 3 T 4 F 5 T 6 F 7 T 8 F

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

- Nearly 150,000
- On a regular basis
- Heart disease
- Mental illnesses
- Cardiovascular disease
- Muscles
- Harmful fats
- Diabetes
- Exercises
- British Journal of Sports Medicine

WORDS IN THE RIGHT ORDER (p.19)

- Strength training may help us to live longer.
- People who did moderate amounts of strength training.
- Such exercise protected people from cardiovascular problems.
- A reduced risk of dying from cardiovascular disease.
- A lower risk of dying from mental illnesses.
- The researchers said our muscles play an important part.
- They do not burn up so much sugar.
- Too much body fat can lead to diabetes.
- Advised people to do a variety of exercises.
- Doing whatever gets your heart rate up.

MULTIPLE CHOICE - QUIZ (p.10)

1. d 2. b 3. d 4. c 5. d 6. c 7. a 8. c 9. b 10. a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)