

# www.**Breaking News English**.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES  
FOR LANGUAGE TEACHERS"**

[www.breakingnewsenglish.com/book.html](http://www.breakingnewsenglish.com/book.html)

**Thousands more free lessons  
from Sean's other websites**

[www.freematerials.com/sean\\_banville\\_lessons.html](http://www.freematerials.com/sean_banville_lessons.html)

## **Level 4**

# **Sitting may be dangerous for your health**

**9th June, 2015**

<http://www.breakingnewsenglish.com/1506/150609-sitting-4.html>

## **Contents**

The Reading	2
Matching	3
Listening Gap Fill	4
Survey	5
Discussion	6
Writing	7

**Please try the harder Level 5 and the 26-page Level 6 (harder).**

**Twitter**



[twitter.com/SeanBanville](https://twitter.com/SeanBanville)

**Facebook**



[www.facebook.com/pages/BreakingNewsEnglish/155625444452176](https://www.facebook.com/pages/BreakingNewsEnglish/155625444452176)

**Google +**



<https://plus.google.com/+SeanBanville>

# THE READING

From <http://www.breakingnewsenglish.com/1506/150609-sitting-4.html>

If you spend a long time sitting or relaxing on a couch, you may be taking up to two years off your life. A lazy lifestyle increases the risk of heart disease, diabetes, cancer and obesity. It can also result in an early death. Many people think they can reduce this risk by exercising. Unfortunately, this might not be true. A new study says exercising (even 60 minutes a day) does not reverse the effect on the length of our life from sitting for a long time.

A team from Toronto University looked at 47 studies on people who kept notes on how long they sat and how much they exercised. The least active people had a 24% greater chance of dying than the active ones. Exercise did not change this. The team advised people to sit down less every day. We should also stand up at our desk, take frequent breaks to stretch, or watch TV standing. This may be better than a gym. It may be "just what the doctor ordered".

Sources: Article by Paul Alexy  
<http://www.medicalnewstoday.com/articles/288333.php>  
<http://www.independent.co.uk/life-style/health-and-families/health-news/spending-half-the-day-on-your-feet-reduces-risk-of-heart-attacks-and-cancer-study-says-10289633.html>  
<http://www.medicaldaily.com/stand-your-office-work-6-ways-improve-health-your-desk-job-335914>

# MATCHING

From <http://www.breakingnewsenglish.com/1506/150609-sitting-4.html>

## PARAGRAPH ONE:

- |                                   |                          |
|-----------------------------------|--------------------------|
| 1. taking up to two years off     | a. an early death        |
| 2. A lazy lifestyle increases the | b. not be true           |
| 3. result in                      | c. length of our life    |
| 4. reduce this risk               | d. your life             |
| 5. Unfortunately, this might      | e. for a long time       |
| 6. even 60 minutes                | f. risk of heart disease |
| 7. reverse the effect on the      | g. a day                 |
| 8. sitting                        | h. by exercising         |

## PARAGRAPH TWO:

- |                            |                     |
|----------------------------|---------------------|
| 1. 47 studies on people    | a. of dying         |
| 2. The least active        | b. than a gym       |
| 3. a 24% greater chance    | c. change this      |
| 4. Exercise did not        | d. doctor ordered   |
| 5. The team advised people | e. who kept notes   |
| 6. take frequent           | f. to sit down less |
| 7. This may be better      | g. breaks           |
| 8. just what the           | h. people           |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1506/150609-sitting-4.html>

If you spend a long time sitting or (1) \_\_\_\_\_, you may be taking up to two years off your life. A lazy (2) \_\_\_\_\_ the risk of heart disease, diabetes, (3) \_\_\_\_\_. It can also result (4) \_\_\_\_\_. Many people think they can reduce this risk by exercising. Unfortunately, this (5) \_\_\_\_\_ true. A new study says exercising (even 60 minutes a day) does not (6) \_\_\_\_\_ on the length of our life from sitting for a long time.

A team from Toronto University (7) \_\_\_\_\_ on people who kept notes on (8) \_\_\_\_\_ sat and how much they exercised. The least active people had a (9) \_\_\_\_\_ of dying than the active ones. Exercise did not change this. The team (10) \_\_\_\_\_ down less every day. We should also stand up at our desk, take frequent (11) \_\_\_\_\_, or watch TV standing. This may be better than a gym. It may be "(12) \_\_\_\_\_ ordered".

# SITTING SURVEY

From <http://www.breakingnewsenglish.com/1506/150609-sitting-4.html>

Write five GOOD questions about sitting 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)

g)

h)

*Sitting may be dangerous for your health – 9th June, 2015*  
More free lessons at [www.BreakingNewsEnglish.com](http://www.BreakingNewsEnglish.com)

---

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

