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## **Level 1**

### **Exercise pill could replace exercising**

**6th May, 2017**

<http://www.breakingnewsenglish.com/1705/170506-exercise-pill-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 <http://www.breakingnewsenglish.com/1705/170506-exercise-pill-1.html>

Scientists may soon have a pill to help people who do not exercise. It could also help people who do exercise. The scientists work in California. Their pill could give the same benefits to the body as it gets from running. It could make us healthier, and give us more stamina, a better mood, a healthier heart and a longer life – all with no exercise. The pill increased the performance in mice by 70 per cent. This is good news for people who want to exercise more.

The scientists looked at how exercise changes the body. A researcher said: "It's well known that people can improve their...endurance through training. The question for us was....Can we replace training with a drug?" He found a chemical that copies the positive effects of exercise without exercising. The chemical made the body burn fat instead of sugar. This improves your stamina to the same level as someone who exercises.

Sources: <http://www.foxnews.com/lifestyle/2017/05/03/exercise-pill-may-replace-workouts-in-future.html>  
<http://www.thehealthsite.com/news/can-you-have-an-exercise-pill-to-avoid-work-outs-ag0517/>  
<https://medicalxpress.com/news/2017-05-exercise-in-a-pill-boosts-athletic-percent.html>

# PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1705/170506-exercise-pill-1.html>

## PARAGRAPH ONE:

- |                                       |                     |
|---------------------------------------|---------------------|
| 1. Scientists may soon have           | a. heart            |
| 2. help people who do                 | b. life             |
| 3. the same benefits                  | c. to exercise more |
| 4. give us more                       | d. to the body      |
| 5. a healthier                        | e. in mice          |
| 6. a longer                           | f. a pill           |
| 7. The pill increased the performance | g. stamina          |
| 8. good news for people who want      | h. not exercise     |

## PARAGRAPH TWO:

- |  |                        |
|--|------------------------|
| 1. The scientists looked at            | a. their endurance     |
| 2. exercise changes the                | b. known               |
| 3. It's well                           | c. instead of sugar    |
| 4. people can improve                  | d. with a drug         |
| 5. replace training                    | e. how                 |
| 6. a chemical that copies the positive | f. stamina             |
| 7. The chemical made the body burn fat | g. body                |
| 8. This improves your                  | h. effects of exercise |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1705/170506-exercise-pill-1.html>

Scientists may soon (1) \_\_\_\_\_ to help people who do not exercise. It (2) \_\_\_\_\_ people who do exercise. The scientists work in California. Their (3) \_\_\_\_\_ the same benefits to the body as it gets from running. It could (4) \_\_\_\_\_, and give us more stamina, a better mood, a healthier heart and a longer life - all (5) \_\_\_\_\_. The pill increased the performance in mice by 70 per cent. This is good news for people (6) \_\_\_\_\_ exercise more.

The scientists (7) \_\_\_\_\_ exercise changes the body. A researcher said: "It's well known that (8) \_\_\_\_\_ their...endurance through training. The question (9) \_\_\_\_\_....Can we replace training with a drug?" He found a chemical that (10) \_\_\_\_\_ effects of exercise without exercising. The chemical made the body burn (11) \_\_\_\_\_ sugar. This improves your stamina to the same (12) \_\_\_\_\_ who exercises.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1705/170506-exercise-pill-1.html>

Scientists may soon have a pill to help people who do not exercise. It could also help people who do exercise. The scientists work in California. Their pill could give the same benefits to the body as it gets from running. It could make us healthier, and give us more stamina, a better mood, a healthier heart and a longer life – all with no exercise. The pill increased the performance in mice by 70 percent. This is good news for people who want to exercise more. The scientists looked at how exercise changes the body. A researcher said: "It's well known that people can improve their... endurance through training. The question for us was.... Can we replace training with a drug?" He found a chemical that copies the positive effects of exercise without exercising. The chemical made the body burn fat instead of sugar. This improves your stamina to the same level as someone who exercises.

# EXERCISE PILLS SURVEY

From <http://www.breakingnewsenglish.com/1705/170506-exercise-pill-4.html>

Write five GOOD questions about exercise pills 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<br>_____ | STUDENT 2<br>_____ | STUDENT 3<br>_____ |
|------|--------------------|--------------------|--------------------|
| 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) \_\_\_\_\_

*Exercise pill could replace exercising – 6th May, 2017*  
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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) \_\_\_\_\_

