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Level 4

Exercise for teenage girls extends their life

3rd August, 2015

<http://www.breakingnewsenglish.com/1508/150803-teenage-exercise-4.html>

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

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THE READING

From <http://www.breakingnewsenglish.com/1508/150803-teenage-exercise-4.html>

A study shows it is important for teenage girls to exercise. Researchers looked at 75,000 Chinese women aged between 40 and 70. The women who exercised regularly as teenagers were healthier than those who didn't. Teenage girls who did 80 minutes exercise a week had a lower risk of dying from diseases. The researchers said that in general, women live longer if they exercise for 15 minutes a day in their teens.

Doing exercise as a teen means a longer life, even if women stop exercising when they are older. Regardless of adult exercise, teen exercise reduces the risk of illnesses like cancer. Research says it is important to promote exercise in teenage years to increase longevity and prevent diseases later in life. Although the research was based on women in China, it is important for all women worldwide to exercise.

Sources: <http://www.express.co.uk/life-style/health/595191/exercise-women-live-longer-teenager-study-cancer>
<https://uk.news.yahoo.com/exercise-teen-years-tied-lower-mortality-later-144108725.html#qO7nvBq>
<http://www.foxnews.com/health/2015/07/31/exercise-during-teens-reaps-long-term-benefits-for-women-study-shows/>

MATCHING

From <http://www.breakingnewsenglish.com/1508/150803-teenage-exercise-4.html>

PARAGRAPH ONE:

- | | |
|----------------------------------|-------------------------|
| 1. it is important | a. who didn't |
| 2. Researchers looked at | b. as teenagers |
| 3. aged between | c. for teenage girls |
| 4. women who exercised regularly | d. general |
| 5. healthier than those | e. 75,000 Chinese women |
| 6. a lower risk of dying | f. teens |
| 7. in | g. from diseases |
| 8. in their | h. 40 and 70 |

PARAGRAPH TWO:

- | | |
|-------------------------------------|------------------------|
| 1. Doing exercise as a teen | a. like cancer |
| 2. exercising when | b. in life |
| 3. reduces the risk of illnesses | c. means a longer life |
| 4. important to promote exercise in | d. worldwide |
| 5. increase | e. they are older |
| 6. prevent diseases later | f. on women in China |
| 7. the research was based | g. teenage years |
| 8. important for all women | h. longevity |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1508/150803-teenage-exercise-4.html>

A study (1) _____ for teenage girls to exercise.

Researchers looked at 75,000 Chinese women aged (2) _____.

The women who (3) _____ teenagers were healthier than

those who didn't. Teenage girls who did 80 minutes (4) _____

had a lower (5) _____ diseases. The researchers said that

in general, women live longer (6) _____ 15 minutes a day

in their teens.

Doing exercise (7) _____ a longer life, even if women stop

exercising (8) _____. Regardless of adult exercise, teen

exercise reduces (9) _____ like cancer. Research says it is

important to (10) _____ teenage years to increase

longevity and prevent diseases (11) _____. Although the

research was (12) _____ China, it is important for all

women worldwide to exercise.

TEENAGE EXERCISE SURVEY

From <http://www.breakingnewsenglish.com/1508/150803-teenage-exercise-4.html>

Write five GOOD questions about teenage exercise 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)

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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)

g)

h)

