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Level 6

Exercise for teenage girls extends their life

3rd August, 2015

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

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

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

A new study has revealed the importance of exercise for teenage girls. Researchers analysed data from a study conducted in Shanghai on 75,000 women aged between 40 to 70. The team discovered that women who exercised regularly as a teenager were healthier than those who hadn't. The researchers concluded that teenage girls who did a maximum of 80 minutes exercise a week had a 16 per cent lower risk of dying from cancer and other diseases. This percentage went down to 13 for women who exercised more than 80 minutes a week as teenagers. The researchers said that in general, women would live longer if they did just 15 minutes of exercise a day in their teens.

Head researcher Dr Sarah Nechuta said that even if women in their twenties, thirties and forties did not work out, doing exercise as a teen would increase longevity. She said: "In women, adolescent exercise participation, regardless of adult exercise, was associated with reduced risk of cancer and all-cause mortality." She added: "Our results support the importance of promoting exercise participation in adolescence to reduce mortality in later life and highlight the critical need for the initiation of disease prevention early in life." Dr Nechuta said that although the findings were based on data on women in China, the benefits of exercising during the teen years could be applicable to all women anywhere in the world.

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/>

WARM-UPS

1. TEENAGE EXERCISE: Students walk around the class and talk to other students about teenage exercise. 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?

study / teenage / exercise / regularly / maximum / diseases / in general / live longer / twenties / longevity / regardless / mortality / highlight / prevention / benefits

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

3. MORTALITY: How can we live longer? Complete this table and share what you wrote with your partner(s). Change partners often.

	What to do	Would you like / do this?
Exercise		
Food		
Stress		
Friends		
Hobbies		
Technology		

4. COMPULSORY EXERCISE: Students A **strongly** believe the government should make exercise compulsory; Students B **strongly** believe otherwise. Change partners again and talk about your conversations.

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

- jogging
- swimming
- weights
- cycling
- aerobics
- dancing
- walking
- pilates

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

BEFORE READING / LISTENING

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

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

- | | |
|--|-------|
| a. The study in the article looked at data on 75,000 women. | T / F |
| b. All of the women were aged between 14 and 70. | T / F |
| c. All the women in the study exercised for 80 minutes or more a week. | T / F |
| d. Women live longer if they exercise for 15 minutes a day as teenagers. | T / F |
| e. A researchers said women in their 20s, 30s and 40s must exercise. | T / F |
| f. The researcher said teenage exercise reduced the risk of cancer. | T / F |
| g. The researcher said not all the women in the study were Chinese. | T / F |
| h. The researcher said all women would benefit from teenage exercise. | T / F |

2. SYNONYM MATCH: Match the following synonyms from the article.

- | | |
|------------------|----------------|
| 1. revealed | a. carried out |
| 2. analysed | b. involvement |
| 3. conducted | c. vital |
| 4. went down | d. examined |
| 5. in general | e. advancing |
| 6. participation | f. normally |
| 7. associated | g. shown |
| 8. promoting | h. merits |
| 9. critical | i. decreased |
| 10. benefits | j. linked |

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

- | | |
|----------------------------------|-----------------------------------|
| 1. the importance of exercise | a. as a teenager |
| 2. women aged | b. prevention |
| 3. women who exercised regularly | c. for teenage girls |
| 4. a 16 per cent lower risk of | d. twenties, thirties and forties |
| 5. in general, women | e. between 40 to 70 |
| 6. women in their | f. dying from cancer |
| 7. associated with reduced risk | g. later life |
| 8. reduce mortality in | h. would live longer |
| 9. disease | i. all women |
| 10. applicable to | j. of cancer |

GAP FILL

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

A new study has revealed the (1) _____ of exercise for teenage girls. Researchers analysed data from a study (2) _____ in Shanghai on 75,000 women aged between 40 to 70. The team discovered that women who exercised (3) _____ as a teenager were healthier than those who hadn't. The researchers concluded that teenage girls who did a (4) _____ of 80 minutes exercise a week had a 16 per cent lower (5) _____ of dying from cancer and other diseases. This (6) _____ went down to 13 for women who exercised more than 80 minutes a week (7) _____ teenagers. The researchers said that in general, women would live longer if they did just 15 minutes of exercise a day in their (8) _____.

regularly
importance
risk
as
conducted
teens
maximum
percentage

Head researcher Dr Sarah Nechuta said that even if women in their twenties, thirties and (9) _____ did not work out, doing exercise as a teen would increase (10) _____. She said: "In women, adolescent exercise participation, (11) _____ of adult exercise, was associated with reduced risk of cancer and all-cause (12) _____." She added: "Our results support the importance of (13) _____ exercise participation in adolescence to reduce mortality in later life and highlight the (14) _____ need for the initiation of disease prevention early in life." Dr Nechuta said that although the findings were (15) _____ on data on women in China, the benefits of exercising during the teen years could be (16) _____ to all women anywhere in the world.

regardless
longevity
promoting
based
forties
applicable
mortality
critical

LISTENING – Guess the answers. Listen to check.

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

- 1) A new study has revealed the importance of exercise _____
 - a. for teenage girls
 - b. from teenage girls
 - c. four teenage girls
 - d. of teenage girls
- 2) women who exercised regularly as a teenager were healthier than _____
 - a. those whom hadn't
 - b. those whose hadn't
 - c. those which hadn't
 - d. those who hadn't
- 3) teenage girls who did a maximum of 80 minutes exercise a week had a 16 per cent _____
 - a. lower risk for dying
 - b. lower risk of dying
 - c. lower risk if dying
 - d. lowest risk of dying
- 4) This percentage went down to 13 for women who exercised more than 80 minutes _____
 - a. a week has teenagers
 - b. a week as teenagers
 - c. a week was teenagers
 - d. a week ask teenagers
- 5) women would live longer if they did just 15 minutes of exercise a day _____
 - a. in them teens
 - b. in their teen
 - c. in their teens
 - d. in they're teens
- 6) doing exercise as a teen would _____
 - a. increase long brevity
 - b. increase wrong brevity
 - c. increase longevity
 - d. increase long lively
- 7) adolescent exercise participation, regardless of adult exercise, was associated with _____
 - a. reduced risks of cancer
 - b. reduced risk of cancer
 - c. reduced risky of cancer
 - d. reduced risked of cancer
- 8) the importance of promoting exercise participation in adolescence to _____
 - a. reduce mortality
 - b. reduces mortality
 - c. reduced mortality
 - d. reducing mortality
- 9) highlight the critical need for the initiation of disease prevention _____
 - a. early on life
 - b. early in life
 - c. early an life
 - d. early and life
- 10) exercising during the teen years could be applicable to all women _____ world
 - a. somewhere in the
 - b. any place in the
 - c. everywhere in the
 - d. anywhere in the

LISTENING – Listen and fill in the gaps

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

A new study has revealed (1) _____ exercise for teenage girls. Researchers analysed (2) _____ conducted in Shanghai on 75,000 women aged between 40 to 70. The team discovered that women who exercised (3) _____ teenager were healthier than those who hadn't. The researchers concluded that teenage girls who (4) _____ 80 minutes exercise a week had a 16 per cent lower risk of dying from cancer (5) _____. This percentage went down to 13 for women who exercised more than 80 minutes a week as teenagers. The researchers (6) _____, women would live longer if they did just 15 minutes of exercise a day in their teens.

Head researcher Dr Sarah Nechuta (7) _____ women in their twenties, thirties and forties did not work out, doing exercise as a teen would (8) _____. She said: "In women, adolescent exercise participation, regardless of adult exercise, (9) _____ reduced risk of cancer and all-cause mortality." She added: "Our results support the importance of promoting exercise (10) _____ adolescence to reduce mortality in later life and highlight the critical need for the initiation of disease prevention (11) _____." Dr Nechuta said that although the findings were based on data on women in China, the benefits of exercising during the teen years (12) _____ all women anywhere in the world.

COMPREHENSION QUESTIONS

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

1. In which city was the data for the research obtained?

2. How old were the women in the study?

3. How much exercise is linked to a 16% lower risk of dying from cancer?

4. What was the percentage with more than 80 minutes of exercise?

5. What was the recommended daily amount of exercise for teenagers?

6. Who is Dr Sarah Nechuta?

7. What did Dr Nechuta say doing exercise as a teen would increase?

8. What did Dr Nechuta say her results promoted the importance of?

9. What did Dr Nechuta say there was a critical need for?

10. Where in the world did Dr Nechuta say exercise benefited women?

MULTIPLE CHOICE - QUIZ

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

1. In which city was the data for the research obtained?
 - a) Chicago
 - b) Singapore
 - c) Shanghai
 - d) Sidney
2. How old were the women in the study?
 - a) 40-70
 - b) 14-70
 - c) 14-17
 - d) 17-70
3. How much exercise is linked to a 16% lower risk of dying from cancer?
 - a) a minimum of 80 minutes a week
 - b) a maximum of 80 minutes a week
 - c) a maximum of 60 minutes a week
 - d) a minimum of 60 minutes a week
4. What was the percentage with more than 80 minutes of exercise?
 - a) 16%
 - b) 15%
 - c) 14%
 - d) 13%
5. What was the recommended daily amount of exercise for teenagers?
 - a) 5 minutes
 - b) 10 minutes
 - c) 15 minutes
 - d) 20 minutes
6. Who is Dr Sarah Nechuta?
 - a) an athlete
 - b) a researcher
 - c) a teenager
 - d) a fitness instructor
7. What did Dr Nechuta say doing exercise as a teen would increase?
 - a) happiness
 - b) wealth
 - c) heart rate
 - d) longevity
8. What did Dr Nechuta say her results promoted the importance of?
 - a) happiness
 - b) exercise
 - c) nutrition
 - d) mortality
9. What did Dr Nechuta say there was a critical need for?
 - a) education
 - b) disease prevention
 - c) money
 - d) gyms
10. Where in the world did Dr Nechuta say exercise benefited women?
 - a) anywhere
 - b) the developing world
 - c) China
 - d) countries with young populations

ROLE PLAY

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

Role A – Jogging

You think jogging is the best form of exercise. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the least useful of these (and why): swimming, weight training or cycling.

Role B – Swimming

You think swimming is the best form of exercise. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the least useful of these (and why): jogging, weight training or cycling.

Role C – Weight training

You think weight training is the best form of exercise. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the least useful of these (and why): swimming, jogging or cycling.

Role D – Cycling

You think cycling is the best form of exercise. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the least useful of these (and why): swimming, weight training or jogging.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'teenage' and 'girl'.

teenage	girl
----------------	-------------

- 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">• importance• aged• team• maximum• down• general	<ul style="list-style-type: none">• even• regardless• reduced• later• based• anywhere
---	--

TEENAGE EXERCISE SURVEY

From <http://www.BreakingNewsEnglish.com/1508/150803-teenage-exercise.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.

TEENAGE EXERCISE DISCUSSION

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

- 1) What did you think when you read the headline?
- 2) What springs to mind when you hear the word 'exercise'?
- 3) How important is exercise to you?
- 4) What do you think about what you read?
- 5) What exercise did you do as a teenager?
- 6) How much daily exercise is enough?
- 7) Should governments do more to get people to exercise?
- 8) Should you exercise more?
- 9) Why do many people dislike exercise?
- 10) When is exercise bad for you?

Exercise for teenage girls extends their life – 3rd August, 2015
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TEENAGE EXERCISE DISCUSSION

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

- 11) Did you like reading this article? Why/not?
- 12) How can we make better use of our down time to exercise?
- 13) What is the best exercise we can do?
- 14) Do you think people who exercise are happier than those who don't?
- 15) Is it more fun to exercise alone or with other people?
- 16) Which exercise would you prefer: jogging, swimming or cycling?
- 17) Do you think exercising makes your brain work better?
- 18) What do you think of the idea of having higher hospital charges for those who don't exercise?
- 19) Should government build free gyms for everyone?
- 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 <http://www.BreakingNewsEnglish.com/1508/150803-teenage-exercise.html>

A new study has revealed the (1) _____ of exercise for teenage girls. Researchers analysed data from a study conducted in Shanghai (2) _____ 75,000 women aged between 40 to 70. The team discovered that women (3) _____ exercised regularly as a teenager were healthier than those who hadn't. The researchers concluded that teenage girls who did a maximum of 80 minutes exercise a week had a 16 per cent lower (4) _____ of dying from cancer and other diseases. This percentage went down to 13 for women who exercised more than 80 minutes a week (5) _____ teenagers. The researchers said that in general, women would live longer if they did just 15 minutes of exercise a day (6) _____ their teens.

Head researcher Dr Sarah Nechuta said that (7) _____ if women in their twenties, thirties and forties did not work (8) _____, doing exercise as a teen would increase longevity. She said: "In women, adolescent exercise participation, regardless (9) _____ adult exercise, was associated with reduced risk of cancer and all-cause mortality." She added: "Our results support the importance of (10) _____ exercise participation in adolescence to reduce mortality in later life and highlight the critical need for the initiation of disease prevention (11) _____ in life." Dr Nechuta said that although the findings were based on data on women in China, the benefits of exercising during the teen years could be applicable (12) _____ all women anywhere in the world.

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

- | | | | | |
|-----|---------------|----------------|-----------------|--------------|
| 1. | (a) important | (b) importance | (c) importantly | (d) imports |
| 2. | (a) in | (b) on | (c) at | (d) to |
| 3. | (a) whoever | (b) whom | (c) which | (d) who |
| 4. | (a) risky | (b) risk | (c) riskiness | (d) risked |
| 5. | (a) is | (b) was | (c) has | (d) as |
| 6. | (a) on | (b) at | (c) in | (d) of |
| 7. | (a) even | (b) evenly | (c) evens | (d) event |
| 8. | (a) in | (b) up | (c) out | (d) down |
| 9. | (a) to | (b) for | (c) by | (d) of |
| 10. | (a) promoting | (b) promoter | (c) promotion | (d) promotes |
| 11. | (a) early | (b) fast | (c) quick | (d) speeded |
| 12. | (a) to | (b) by | (c) at | (d) on |

SPELLING

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

Paragraph 1

1. A new study has reevdlea the importance
2. Researchers adnylaes data from a study
3. women who exercised lguayerrl
4. The researchers locncdeud that...
5. This gpetenaecr went down
6. in lrgneea

Paragraph 2

7. reduce ynvgoltie
8. dsgarsleer of adult exercise
9. reduce aotmrtiy in later life
10. highlight the lcricati need
11. the fensiieb of exercising
12. pcbpaliale to all women

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

()	Head researcher Dr Sarah Nechuta said that even if women in their twenties, thirties and
()	prevention early in life." Dr Nechuta said that although the findings were based on data on women in China, the
()	longer if they did just 15 minutes of exercise a day in their teens.
()	that women who exercised regularly as a teenager were healthier than those who hadn't. The researchers
(1)	A new study has revealed the importance of exercise for teenage girls. Researchers analysed
()	concluded that teenage girls who did a maximum of 80 minutes exercise a week had a 16 per cent lower
()	risk of dying from cancer and other diseases. This percentage went down to 13 for women who exercised more
()	forties did not work out, doing exercise as a teen would increase longevity. She said: "In women, adolescent
()	reduce mortality in later life and highlight the critical need for the initiation of disease
()	data from a study conducted in Shanghai on 75,000 women aged between 40 to 70. The team discovered
()	benefits of exercising during the teen years could be applicable to all women anywhere in the world.
()	exercise participation, regardless of adult exercise, was associated with reduced risk of cancer and all-cause
()	mortality." She added: "Our results support the importance of promoting exercise participation in adolescence to
()	than 80 minutes a week as teenagers. The researchers said that in general, women would live

PUT THE WORDS IN THE RIGHT ORDER

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

1. for the teenage importance girls of exercise Revealed .

2. conducted data study Shanghai analysed a in Researchers from .

3. a healthier who as were Women regularly teenager exercised .

4. girls who did a maximum of 80 minutes exercise Teenage .

5. did their of they in minutes If day 15 a just teens exercise .

6. not and twenties women forties , in Even did thirties their if .

7. as longevity a teen Doing would exercise increase .

8. of results promoting support exercise the importance Our .

9. initiation prevention critical the disease The for of need .

10. world applicable women the Be all in to anywhere .

CIRCLE THE CORRECT WORD (20 PAIRS)

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

A new study has *revealed / revelation* the importance of exercise for teenage girls. Researchers analysed data *form / from* a study conducted in Shanghai on 75,000 women *aged / ages* between 40 to 70. The team *discovery / discovered* that women who exercised regularly *was / as* a teenager were healthier than those who hadn't. The researchers concluded that teenage girls who *did / were* a maximum of 80 minutes exercise a week had a 16 per cent lower risk of dying *from / to* cancer and other diseases. This percentage *went / gone* down to 13 for women who exercised more than 80 minutes a week as teenagers. The researchers said that in *generally / general*, women would live longer if they did just 15 minutes of exercise a day *on / in* their teens.

Head researcher Dr Sarah Nechuta said that *ever / even* if women in their twenties, thirties and forties did not work *in / out*, doing exercise *as / has* a teen would increase *length / longevity*. She said: "In women, adolescent exercise participation, *regardless / regarding* of adult exercise, was associated *with / by* reduced risk of cancer and all-cause mortality." She added: "Our results support *an / the* importance of promoting exercise participation in adolescence *to / for* reduce mortality in later life and highlight the critical need for the *initiative / initiation* of disease prevention early in life." Dr Nechuta said that although the findings were based on data on women in China, the benefits of exercising during the teen years could be *applicable / application* to all women anywhere in the world.

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

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

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

_ n _ w _ s t _ d y _ h _ s _ r _ v _ _ l _ d _ t h _ _ m p _ r t _ n c _ _ f _ x _ r c _ s _
f _ r _ t _ _ n _ g _ g _ r l s . R _ s _ r c h _ r s _ n _ l y s _ d _ d _ t _ f r _ m _
s t _ d y _ c _ n d _ c t _ d _ n _ S h _ n g h _ _ _ n _ 7 5 , 0 0 0 _ w _ m _ n _ g _ d
b _ t w _ _ n _ 4 0 _ t _ 7 0 . T h _ t _ _ m _ d _ s c _ v _ r _ d _ t h _ t _ w _ m _ n
w h _ _ x _ r c _ s _ d _ r _ g _ l _ r l y _ s _ _ t _ n _ g _ r _ w _ r _ h _ l t h _ _ r
t h _ n _ t h _ s _ w h _ h _ d n ' t . T h _ r _ s _ r c h _ r s _ c _ n c l _ d _ d _ t h _ t
t _ n _ g _ g _ r l s _ w h _ d _ d _ _ m _ x _ m _ m _ f _ 8 0 _ m _ n _ t _ s
_ x _ r c _ s _ _ w _ _ k _ h _ d _ 1 6 _ p _ r _ c _ n t _ l _ w _ r _ r _ s k _ f _ d y _ n g
f r _ m _ c _ n c _ r _ n d _ t h _ r _ d _ s _ _ s _ s . T h _ s _ p _ r c _ n t _ g _ w _ n t
d _ w n _ t _ 1 3 _ f _ r _ w _ m _ n _ w h _ _ x _ r c _ s _ d _ m _ r _ t h _ n _ 8 0
m _ n _ t _ s _ _ w _ _ k _ s _ t _ n _ g _ r s . T h _ r _ s _ r c h _ r s _ s _ d
t h _ t _ n _ g _ n _ r _ l , _ w _ m _ n _ w _ _ l d _ l _ v _ l _ n g _ r _ f _ t h _ y _ d _ d
j _ s t _ 1 5 _ m _ n _ t _ s _ f _ x _ r c _ s _ _ d _ y _ n _ t h _ _ r _ t _ _ n s .

H _ d _ r _ s _ r c h _ r _ D r _ S _ r _ h _ N _ c h _ t _ s _ _ d _ t h _ t _ v _ n _ f
w _ m _ n _ n _ t h _ _ r _ t w _ n t _ _ s , _ t h _ r t _ _ s _ _ n d _ f _ r t _ _ s _ d _ d
n _ t _ w _ r k _ _ t , _ d _ n g _ _ x _ r c _ s _ _ s _ _ t _ n _ w _ _ l d
_ n c r _ _ s _ l _ n g _ v _ t y . S h _ s _ _ d : " _ n _ w _ m _ n , _ d _ l _ s c _ n t
_ x _ r c _ s _ p _ r t _ c _ p _ t _ _ n , _ r _ g _ r d l _ s s _ f _ d _ l t _ x _ r c _ s _ ,
w _ s _ s s _ c _ _ t _ d _ w _ t h _ r _ d _ c _ d _ r _ s k _ f _ c _ n c _ r _ n d _ l l -
c _ _ s _ m _ r t _ l _ t y . " S h _ _ d d _ d : " _ _ r _ r _ s _ l t s _ s _ p p _ r t _ t h _
_ m p _ r t _ n c _ _ f _ p r _ m _ t _ n g _ _ x _ r c _ s _ p _ r t _ c _ p _ t _ _ n _ n
_ d _ l _ s c _ n c _ t _ r _ d _ c _ m _ r t _ l _ t y _ n _ l _ t _ r _ l _ f _ _ n d
h _ g h l _ g h t _ t h _ c r _ t _ c _ l _ n _ _ d _ f _ r _ t h _ _ n _ t _ t _ _ n _ f
d _ s _ _ s _ p r _ v _ n t _ _ n _ _ r l y _ n _ l _ f _ . " D r _ N _ c h _ t _ s _ _ d
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t h _ t _ n _ y _ _ r s _ c _ _ l d _ b _ _ p p l _ c _ b l _ t _ _ l l _ w _ m _ n
_ n y w h _ r _ _ n _ t h _ w _ r l d .

PUNCTUATE THE TEXT AND ADD CAPITALS

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

a new study has revealed the importance of exercise for teenage girls researchers analysed data from a study conducted in shanghai on 75000 women aged between 40 to 70 the team discovered that women who exercised regularly as a teenager were healthier than those who hadn't the researchers concluded that teenage girls who did a maximum of 80 minutes exercise a week had a 16 per cent lower risk of dying from cancer and other diseases this percentage went down to 13 for women who exercised more than 80 minutes a week as teenagers the researchers said that in general women would live longer if they did just 15 minutes of exercise a day in their teens

head researcher dr sarah nechuta said that even if women in their twenties thirties and forties did not work out doing exercise as a teen would increase longevity she said "in women adolescent exercise participation regardless of adult exercise was associated with reduced risk of cancer and all-cause mortality" she added "our results support the importance of promoting exercise participation in adolescence to reduce mortality in later life and highlight the critical need for the initiation of disease prevention early in life" dr nechuta said that although the findings were based on data on women in china the benefits of exercising during the teen years could be applicable to all women anywhere in the world

PUT A SLASH (/) WHERE THE SPACES ARE

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

A new study has revealed the importance of exercise for teenage girls. Researchers analysed data from a study conducted in Shanghai on 75,000 women aged between 40 to 70. The team discovered that women who exercised regularly as teenagers were healthier than those who hadn't. The researchers concluded that teenage girls who did a maximum of 80 minutes exercise a week had a 16 percent lower risk of dying from cancer and other diseases. This percentage went down to 13 for women who exercise more than 80 minutes a week as teenagers. The researchers said that in general, women would live longer if they did just 15 minutes of exercise a day in their teens. Head researcher Dr Sarah Nechutas said that even if women in their twenties, thirties and forties did not workout, doing exercise as a teen would increase longevity. She said: "In women, adolescent exercise participation, regardless of adult exercise, was associated with reduced risk of cancer and all-cause mortality." She added: "Our results support the importance of promoting exercise participation in adolescence to reduce mortality in later life and highlight the critical need for the initiation of disease prevention early in life." Dr Nechutas said that although the findings were based on data on women in China, the benefits of exercising during the teen years could be applicable to all women anywhere in the world.

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 teenagers and exercise. Share what you discover with your partner(s) in the next lesson.

3. EXERCISE: Make a poster about the best kinds of exercise. Show your work to your classmates in the next lesson. Did you all have similar things?

4. COMPULSORY EXERCISE: Write a magazine article about forcing people to exercise for their health. 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 exercise. Ask him/her three questions about exercise. Give him/her three of your ideas on how to get people to exercise more. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a T b F c F d T e F f T g F h T

SYNONYM MATCH (p.4)

- | | |
|------------------|----------------|
| 1. revealed | a. shown |
| 2. analysed | b. examined |
| 3. conducted | c. carried out |
| 4. went down | d. decreased |
| 5. in general | e. normally |
| 6. participation | f. involvement |
| 7. associated | g. linked |
| 8. promoting | h. advancing |
| 9. critical | i. vital |
| 10. benefits | j. merits |

COMPREHENSION QUESTIONS (p.8)

1. Shanghai
2. 40-70
3. A maximum of 80 minutes a week
4. 13%
5. 15 minutes a day
6. The head researcher
7. Longevity
8. Exercise during adolescence
9. Disease prevention
10. Anywhere

MULTIPLE CHOICE - QUIZ (p.9)

1. c 2. a 3. b 4. d 5. c 6. b 7. d 8. b 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 ;-)