

## Office workers need one hour of exercise a day

30th July, 2016



New research shows that office workers and other people who sit down a lot must exercise for one hour a day. If they do this, they will increase their chances of living longer. Doctors

have been telling us for a long time that sitting down all day will shorten our life. Researchers now say that sitting in a chair all day is as dangerous to our health as smoking or being overweight. Research on over one million adults found that sitting for at least eight hours a day could increase the risk of dying early by up to 60 per cent. However, there is good news for those who sit at a desk all day. An hour's "brisk exercise" each day can cancel out the risk of an early death linked to sitting all day.

The research was published in time for people to read before the Olympics in Rio de Janeiro. Researchers hope this will encourage people to exercise more. They say that being inactive increases the risk of getting heart disease, diabetes and cancer. Watching TV all day is one of the worst things we can do as that also means we get no exercise and are likely to eat unhealthy snacks. One researcher said office workers should find opportunities to get out of their seat more often. Professor Ulf Eklund advised people to: "Take a five minute break every hour, go to the next office, go upstairs to the coffee machine, go to the printer." He added: "Build physical activity into your everyday life."

Sources: [BBC.com](http://BBC.com) / [gizmodo.com](http://gizmodo.com) / [telegraph.co.uk](http://telegraph.co.uk)

## Writing

People who do not exercise should pay more at hospitals. Discuss.

## Chat

Talk about these words from the article.

research / office workers / doctors / dangerous / health / overweight / risk / desk / published / Olympic Games / heart disease / snacks / opportunities / break / activity

## True / False

- People who sit down a lot need to exercise for an hour a day. T / F
- Smoking is a lot more dangerous than sitting down all day. T / F
- Research was done on 10,000 adults. T / F
- An hour's exercise a day can cancel out the harm done by sitting all day. T / F
- The research will be published after the Olympic Games. T / F
- Not exercising increases the chances of getting cancer. T / F
- The article says watching TV all day is the worst thing we can do. T / F
- A professor advised people to go to the printer more often. T / F

## Synonym Match

- |              |                |
|--------------|----------------|
| 1. increase  | a. cut         |
| 2. chances   | b. harmful     |
| 3. shorten   | c. too soon    |
| 4. early     | d. push        |
| 5. linked    | e. think of    |
| 6. encourage | f. improve     |
| 7. inactive  | g. daily       |
| 8. unhealthy | h. connected   |
| 9. find      | i. possibility |
| 10. everyday | j. lazy        |

## Discussion – Student A

- What do you think of exercise?
- How healthy is your lifestyle?
- What do you think of sitting down all day?
- Would you rather have a desk job or a moving-about job?
- Why is it difficult for some people to exercise for an hour a day?
- What is your favourite kind of exercise?
- What do you do every day that means sitting down?
- How can you exercise while sitting?

## Phrase Match

- |  |                      |
|--|----------------------|
| 1. other people who                    | a. our life          |
| 2. they will increase their chances    | b. life              |
| 3. sitting down all day will shorten   | c. an early death    |
| 4. as dangerous to our                 | d. time              |
| 5. cancel out the risk of              | e. of living longer  |
| 6. The research was published in       | f. disease           |
| 7. this will encourage people to       | g. of their seat     |
| 8. increases the risk of getting heart | h. sit down a lot    |
| 9. find opportunities to get out       | i. exercise more     |
| 10. your everyday                      | j. health as smoking |

## Discussion – Student B

- Will the Olympics encourage you to exercise more?
- What would make you exercise more?
- How bad is watching TV all day?
- What should companies do to get workers to exercise?
- Why are some people lazy when they know it is bad for them?
- Should elevators not accept requests to move one floor?
- How could you build more physical activity in your life?
- What questions would you like to ask the researchers?

## Spelling

- new esrhcaer shows that...
- they will rsiaceen their chances
- retonhs our life
- smoking or being whorveiegt
- increase the risk of gynid early
- cencal out the risk of an early death
- hbuselpid in time
- ogecaeunr people to exercise more
- heart essiae
- likely to eat unhealthy cksnsa
- dvasdei people to take a five-minute break
- iplcyhas activity

### Answers – Synonym Match

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

## Role Play

### Role A – Jogging

You think jogging is the best way to exercise. Tell the others three reasons why. Tell them things that are wrong with their ways. Also, tell the others which is the worst of these (and why): swimming, aerobics or dancing.

### Role B – Swimming

You think swimming is the best way to exercise. Tell the others three reasons why. Tell them things that are wrong with their ways. Also, tell the others which is the worst of these (and why): jogging, aerobics or dancing.

### Role C – Aerobics

You think aerobics is the best way to exercise. Tell the others three reasons why. Tell them things that are wrong with their ways. Also, tell the others which is the worst of these (and why): swimming, jogging or dancing.

### Role D – Dancing

You think dancing is the best way to exercise. Tell the others three reasons why. Tell them things that are wrong with their ways. Also, tell the others which is the worst of these (and why): swimming, aerobics or jogging.

## Speaking – Exercising

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

- |                      |                  |
|----------------------|------------------|
| • jogging            | • sit-ups        |
| • swimming           | • playing soccer |
| • weights in the gym | • aerobics       |
| • cycling            | • dancing        |

### Answers – True False

a	T	b	F	c	F	d	T	e	F	f	T	g	F	h	T
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Answers to Phrase Match and Spelling are in the text.