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Level 6

Exercise is contagious because of social media

22nd April, 2017

<http://www.breakingnewsenglish.com/1704/170422-exercise.html>

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

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1704/170422-exercise.html>

A new study has shown that physical activity and exercise are 'contagious' because of social media. Researchers at the Massachusetts Institute of Technology (MIT) discovered that people who post details of their exercise patterns and achievements on social media sites motivate and encourage other people to be more active. Researchers tracked the exercise routines of 1.1 million runners over a period of five years. They looked at the geographic location of the runners, their social network use, distance, time, pace and the calories they burned. The researchers concluded that sharing personal exercise data via social media can inspire others to exercise more, exercise harder and do so more competitively.

The journal 'Nature Communications' has published the research. The study includes detailed accounts of how inspiring it can be to read about a friend's physical activity. Researchers said: "On average, an additional kilometre run by friends can inspire someone to run an additional three-tenths of a kilometre, and an additional ten minutes run by friends can inspire someone to run three minutes longer." The study said social media improved the performance of runners who had been a little slower or less in shape, and of those who were showing signs of overtaking a friend's performance. Researcher Sinan Aral said: "In general, if you run more, it is likely that you can cause your friends to run more."

Sources: <http://www.netdoctor.co.uk/healthy-living/fitness/news/a28041/is-running-contagious/>
<http://www.health.com/fitness/running-socially-contagious>
https://www.nytimes.com/2017/04/19/well/move/running-may-be-socially-contagious.html?_r=0

WARM-UPS

1. RUNNING: Students walk around the class and talk to other students about running. 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 / social media / technology / motivate / runners / calories / exercise / data / journal / accounts / kilometer / improved / performance / in shape / signs / cause

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

3. CONTAGIOUS: Students A **strongly** believe exercise is contagious; Students B **strongly** believe it isn't. Change partners again and talk about your conversations.

4. PHYSICAL ACTIVITY: How can we fit more physical activity into our day? Complete this table with your partner(s). Change partners often and share what you wrote.

	What we can do more?	Would you do it? Why (not)?
Breakfast		
Shower time		
Going to work / school		
Lunch time		
On the bus / train		
Before bed		

5. SOCIAL MEDIA: Spend one minute writing down all of the different words you associate with the term "social media". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. EXERCISE: Rank these with your partner. Put the best forms of exercise at the top. Change partners often and share your rankings.

- hiking
- gardening
- dancing
- sightseeing
- playing with small kids
- housework
- washing the car
- going shopping

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1704/170422-exercise.html>

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

- a. A new study says posting on social media is a good form of exercise. **T / F**
- b. The article says people join social networks to be inspired to exercise. **T / F**
- c. Researchers looked at the exercise patterns of over a million runners. **T / F**
- d. Researchers said posting one's exercise data encourages competition. **T / F**
- e. The study is yet to be published in a journal. **T / F**
- f. An extra kilometer you run can inspire a friend to run an extra 300m. **T / F**
- g. Posts about exercise on social media can help less in shape people. **T / F**
- h. The study says if you run more, you will post more on social media. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|-----------------------|--------------|
| 1. contagious | a. put up |
| 2. discovered | b. usually |
| 3. post | c. encourage |
| 4. pace | d. found |
| 5. inspire | e. extra |
| 6. accounts | f. bettered |
| 7. additional | g. catching |
| 8. improved | h. fit |
| 9. in shape | i. reports |
| 10. in general | j. speed |

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

- | | |
|--|----------------------------|
| 1. physical activity and exercise | a. encourage other people |
| 2. people who post details of | b. in shape |
| 3. motivate and | c. tenths of a kilometre |
| 4. over a period | d. their exercise patterns |
| 5. social media can inspire | e. inspiring it can be |
| 6. detailed accounts of how | f. performance of runners |
| 7. run an additional three- | g. others to exercise more |
| 8. social media improved the | h. are 'contagious' |
| 9. a little slower or less | i. a friend's performance |
| 10. those who were showing signs of overtaking | j. of five years |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1704/170422-exercise.html>

A new study has shown that physical (1) _____ and exercise are 'contagious' because of social media. Researchers at the Massachusetts Institute of Technology (MIT) (2) _____ that people who post (3) _____ of their exercise patterns and achievements on social media sites motivate and (4) _____ other people to be more active. Researchers tracked the exercise routines of 1.1 million runners over a (5) _____ of five years. They looked at the geographic location of the runners, their social network use, distance, time, pace and the (6) _____ they burned. The researchers concluded that sharing personal exercise (7) _____ via social media can inspire others to exercise more, exercise harder and do so more (8) _____.

encourage
calories
discovered
activity
competitively
details
data
period

The journal 'Nature Communications' has published the research. The study includes (9) _____ accounts of how inspiring it can be to read about a friend's physical (10) _____. Researchers said: "On (11) _____, an additional kilometre run by friends can inspire someone to run an additional three-(12) _____ of a kilometre, and an additional ten minutes run by friends can inspire someone to run three minutes (13) _____." The study said social media (14) _____ the performance of runners who had been a little slower or less in (15) _____, and of those who were showing signs of overtaking a friend's performance. Researcher Sinan Aral said: "In (16) _____, if you run more, it is likely that you can cause your friends to run more."

improved
activity
tenths
general
detailed
average
shape
longer

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1704/170422-exercise.html>

- 1) social media sites motivate and encourage other people to _____
 - a. be more actively
 - b. be more activate
 - c. be more activity
 - d. be more active
- 2) tracked the exercise routines of 1.1 million runners over a _____ years
 - a. periodical of five
 - b. periods of five
 - c. period of five
 - d. periodically of five
- 3) their social network use, distance, time, pace and the _____ burned
 - a. calorie they
 - b. calories they
 - c. calorific they
 - d. calorimeters they
- 4) The researchers concluded that sharing personal exercise data _____
 - a. via social media
 - b. vie social media
 - c. vim social media
 - d. vid social media
- 5) inspire others to exercise more, exercise harder and do so _____
 - a. more competitive
 - b. more compete attentively
 - c. more competitively
 - d. more competition
- 6) The study includes detailed accounts of how _____
 - a. inspire in it can be
 - b. inspiring it can been
 - c. inspiring that can be
 - d. inspiring it can be
- 7) inspire someone to run an additional three-_____ kilometre
 - a. tenths of a
 - b. tents of a
 - c. tenets of a
 - d. tenants of a
- 8) the performance of runners who had been a little slower or _____
 - a. less on shape
 - b. less in shape
 - c. less un-shape
 - d. less out shape
- 9) and of those who were showing signs of overtaking a _____
 - a. friend's performance
 - b. friends' performance
 - c. friends performance
 - d. friend performance
- 10) In general, if you run more, it is likely that you can cause your _____
 - a. friends to run mores
 - b. friends to run moor
 - c. friends to run many
 - d. friends to run more

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1704/170422-exercise.html>

A new study has shown that physical (1) _____ are 'contagious' because of social media. Researchers at the Massachusetts Institute of Technology (MIT) discovered that (2) _____ details of their exercise patterns and achievements on social media sites motivate and encourage other people (3) _____ active. Researchers tracked the exercise routines of 1.1 million runners over a (4) _____ years. They looked at the geographic location of the runners, their social network use, distance, time, (5) _____ calories they burned. The researchers concluded that sharing personal exercise data via social media can inspire others to exercise more, exercise harder (6) _____ competitively.

The journal 'Nature Communications' (7) _____ research. The study includes detailed accounts of how (8) _____ be to read about a friend's physical activity. Researchers said: "On average, an additional kilometre run by (9) _____ someone to run an additional (10) _____ kilometre, and an additional ten minutes run by friends can inspire someone to run three minutes longer." The study said social media improved the performance of runners who had been a little slower (11) _____, and of those who were showing signs of overtaking a friend's performance. Researcher Sinan Aral said: "In general, if you run more, (12) _____ you can cause your friends to run more."

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1704/170422-exercise.html>

1. What else did the study say was contagious besides exercise?
2. What's the abbreviated name of the institution that conducted the study?
3. How many runners did the researchers track?
4. What thing that runners burned did the researchers look at?
5. What did posts on social media inspire people to do more competitively?
6. What is the name of the journal that published the research?
7. What kind of accounts did the study contain about inspiring people?
8. How much farther did a person run if their friend ran an extra kilometer?
9. What improved the performance of runners who had been less in shape?
10. What did a researcher say you would do more if your friend ran more?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1704/170422-exercise.html>

- 1) What else did the study say was contagious besides exercise?
 - a) research
 - b) social media
 - c) physical activity
 - d) influenza
- 2) What's the abbreviated name of the institution that conducted the study?
 - a) MIT
 - b) BBC
 - c) PEW
 - d) UNESCO
- 3) How many runners did the researchers track?
 - a) just fewer than a million
 - b) 1.1 million
 - c) 11 million
 - d) 1,100,001
- 4) What thing that runners burned did the researchers look at?
 - a) records
 - b) their toes
 - c) rubber
 - d) calories
- 5) What did posts on social media inspire people to do more competitively?
 - a) be social
 - b) post
 - c) exercise
 - d) inspire
- 6) What is the name of the journal that published the research?
 - a) Exercise Communications
 - b) Nature Communications
 - c) Natural Exercise
 - d) Physical Exercise
- 7) What kind of accounts did the study contain about inspiring people?
 - a) by all accounts
 - b) profit and loss accounts
 - c) expense accounts
 - d) detailed accounts
- 8) How much farther did a person run if their friend ran an extra kilometre?
 - a) a tenth of a kilometre
 - b) 300 metres
 - c) ten kilometres
 - d) a kilometre
- 9) What improved the performance of runners who had been less in shape?
 - a) times
 - b) social media
 - c) energy drinks
 - d) better shoes
- 10) What did a researcher say you would do more if your friend ran more?
 - a) run more
 - b) post more
 - c) inspire more
 - d) make more friends

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1704/170422-exercise.html>

Role A – Hiking

You think hiking is the best form of exercise. Tell the others three reasons why. Tell them why their things aren't such good exercise. Also, tell the others which is the least effective of these (and why): dancing, housework or shopping.

Role B – Dancing

You think dancing is the best form of exercise. Tell the others three reasons why. Tell them why their things aren't such good exercise. Also, tell the others which is the least effective of these (and why): hiking, housework or shopping.

Role C – Housework

You think housework is the best form of exercise. Tell the others three reasons why. Tell them why their things aren't such good exercise. Also, tell the others which is the least effective of these (and why): dancing, hiking or shopping.

Role D – Shopping

You think shopping is the best form of exercise. Tell the others three reasons why. Tell them why their things aren't such good exercise. Also, tell the others which is the least effective of these (and why): dancing, housework or hiking.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1704/170422-exercise.html>

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

social	media

- 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">• shown• post• 1.1• use• via• so	<ul style="list-style-type: none">• journal• read• tenths• shape• signs• general
---	---

EXERCISE SURVEY

From <http://www.BreakingNewsEnglish.com/1704/170422-exercise.html>

Write five GOOD questions about 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.

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 'social'?
3. Do you think exercise can be contagious?
4. What positive effect does social media have on you?
5. Can running be addictive?
6. Why do people post details of their exercise online?
7. How much do you like exercise?
8. What is your favourite form of exercise?
9. Who inspires you?
10. How do you motivate yourself?

Exercise is contagious because of social media – 22nd April, 2017
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EXERCISE DISCUSSION

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

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'media'?
13. What do you think about what you read?
14. What do you think of exercise?
15. Who is the most inspiring person among your friends?
16. Does social media have any negative effects on your life?
17. What kind of shape are you in?
18. What do you do that might inspire others?
19. What would motivate you to run more?
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/1704/170422-exercise.html>

A new study has (1) _____ that physical activity and exercise are 'contagious' because of social media. Researchers at the Massachusetts Institute of Technology (MIT) discovered that people who (2) _____ details of their exercise patterns and achievements on social media sites motivate and encourage (3) _____ people to be more active. Researchers (4) _____ the exercise routines of 1.1 million runners over a period of five years. They looked at the geographic location of the runners, their social network (5) _____, distance, time, pace and the calories they burned. The researchers concluded that sharing personal exercise data (6) _____ social media can inspire others to exercise more, exercise harder and do so more competitively.

The (7) _____ 'Nature Communications' has published the research. The study includes detailed accounts of how inspiring it can be to read about a friend's physical activity. Researchers said: "(8) _____ average, an additional kilometre run by friends can inspire someone to run an additional three-(9) _____ of a kilometre, and an additional ten minutes run by friends can inspire someone to run three minutes longer." The study said social media improved the performance of runners who had been a little slower or (10) _____ in shape, and of those who were showing (11) _____ of overtaking a friend's performance. Researcher Sinan Aral said: "In general, if you run more, it is (12) _____ that you can cause your friends to run more."

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

- | | | | | |
|-----|-------------|-------------|---------------|----------------|
| 1. | (a) shown | (b) showing | (c) show | (d) showed |
| 2. | (a) posit | (b) postal | (c) post | (d) postings |
| 3. | (a) others | (b) another | (c) other | (d) the others |
| 4. | (a) trekked | (b) trucked | (c) tricked | (d) tracked |
| 5. | (a) use | (b) using | (c) user | (d) used |
| 6. | (a) vid | (b) via | (c) vie | (d) vim |
| 7. | (a) journo | (b) adjourn | (c) journey | (d) journal |
| 8. | (a) At | (b) On | (c) In | (d) By |
| 9. | (a) tens | (b) tents | (c) tenths | (d) tenets |
| 10. | (a) fewer | (b) fitter | (c) smaller | (d) less |
| 11. | (a) marks | (b) posters | (c) indicates | (d) signs |
| 12. | (a) liked | (b) likely | (c) likeable | (d) liking |

SPELLING

From <http://www.BreakingNewsEnglish.com/1704/170422-exercise.html>

Paragraph 1

1. aclypsih activity
2. exercise patterns and acsimevhteen
3. motivate and oecrenaug other people
4. egrpioahgc location
5. the srealcio they burned
6. do so more lvteecyoptiim

Paragraph 2

7. detailed tuasceno
8. how pisninigr it can be
9. On eraveag
10. improved the rfparoeencm of runners
11. grnveaitok a friend's
12. In anlgere

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1704/170422-exercise.html>

Number these lines in the correct order.

- () active. Researchers tracked the exercise routines of 1.1 million runners over a period of five years. They looked
- () The journal 'Nature Communications' has published the research. The study includes detailed accounts of how
- () others to exercise more, exercise harder and do so more competitively.
- () kilometre run by friends can inspire someone to run an additional three-tenths of a kilometre, and an additional
- () at the geographic location of the runners, their social network use, distance, time, pace and the calories they
- () of their exercise patterns and achievements on social media sites motivate and encourage other people to be more
- () of social media. Researchers at the Massachusetts Institute of Technology (MIT) discovered that people who post details
- () improved the performance of runners who had been a little slower or less in shape, and of
- () general, if you run more, it is likely that you can cause your friends to run more."
- (**1**) A new study has shown that physical activity and exercise are 'contagious' because
- () those who were showing signs of overtaking a friend's performance. Researcher Sinan Aral said: "In
- () inspiring it can be to read about a friend's physical activity. Researchers said: "On average, an additional
- () ten minutes run by friends can inspire someone to run three minutes longer." The study said social media
- () burned. The researchers concluded that sharing personal exercise data via social media can inspire

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1704/170422-exercise.html>

1. Physical 'contagious' are exercise and activity .
2. their of details post who People patterns exercise .
3. people Motivate to and be encourage more other active .
4. 1.1 the routines runners tracked exercise million Researchers of .
5. media exercise can data inspire via Sharing social personal .
6. can it inspiring How activity physical friend's a about read to be .
7. tenths - three additional an run to someone Inspire kilometer a of .
8. The performance the improved media social said study .
9. a performance signs overtaking friend's Showing of .
10. your cause can you that likely is It more run to friends .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1704/170422-exercise.html>

A new study has shown that physical *activity / active* and exercise are 'contagious' because *for / of* social media. Researchers at the Massachusetts Institute of Technology (MIT) *discovery / discovered* that people who post details of their exercise patterns and achievements *in / on* social media sites motivate and *encourage / encouragement* other people to be more active. Researchers *tracked / tracking* the exercise routines of 1.1 million runners over a period of five years. They looked at the *geography / geographic* location of the runners, their social network use, *distant / distance*, time, pace and the calories they burned. The researchers concluded that sharing personal exercise data via social media can inspire *other / others* to exercise more, exercise harder and do so more *competition / competitively*.

The journal 'Nature Communications' has *published / publication* the research. The study includes *detailed / details* accounts of how inspiring it can be to read about a friend's physical activity. Researchers said: "*On / In* average, an additional kilometre run by friends can inspire someone to run an *addition / additional* three-tenths of a kilometre, and an additional ten minutes run by friends can inspire someone to run three minutes *lengthen / longer*." The study said social media *improve / improved* the performance of runners *who / that* had been a little slower or less *in / on* shape, and of those who were showing signs *of / off* overtaking a friend's performance. Researcher Sinan Aral said: "In general, if you run more, it is *likely / liked* that you can cause your friends to run more."

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/1704/170422-exercise.html>

_ n_w st_dy h_s sh_wn th_t phys_c_l _ct_v_ty _nd
_x_rc_s _r 'c_nt_g__s' b_c_s _f s_c_l m_d__.
R_s__rch_rs _t th_ M_ss_ch_s_tts _nst_t_t_ _f
T_chn_l_gy (M_T) d_sc_v_r_d th_t p__pl_ wh_ p_st
d_t__ls _f th__r _x_rc_s_p_ttrns _nd _ch__v_m_nts
_n s_c_l m_d__ s_t_s m_t_v_t_ _nd _nc__r_g_ _th_r
p__pl_ t_ b_ m_r_ _ct_v_. R_s__rch_rs tr_ck_d th_
_x_rc_s_ r__t_n_s _f 1.1 m_ll__n r_nn_rs _v_r_ _
p_r__d _f f_v_ y__rs. Th_y l__k_d _t th_ g__gr_ph_c
l_c_t__n _f th_ r_nn_rs, th__r s_c__l n_tw_rk_s_,
d_st_nc_, t_m_, p_c_ _nd th_ c_l_r__s th_y b_rn_d.
Th_ r_s__rch_rs c_ncl_d_d th_t sh_r_ng p_rs_n_l
_x_rc_s_ d_t_v__s_c_l m_d__ c_n _nsp_r_ _th_rs t_
_x_rc_s_ m_r_, _x_rc_s_ h_rdr _nd d_s_ m_r_
c_mp_t_t_v_ly.

Th_ j__rn_l 'N_t_r_ C_mm_n_c_t__ns' h_s p_bl_sh_d
th_r_s__rch. Th_ st_dy _ncl_d_s d_t__l_d _cc__nts _f
h_w _nsp_r_ng _t c_n b_ t_r__d _b__t _fr__nd's
phys_c_l _ct_v_ty. R_s__rch_rs s__d: "_n_v_r_g_, _n
_dd_t__n_l k_l_m_tr_ r_n by fr__nds c_n _nsp_r_
s_m__n_ t_r_n _n _dd_t__n_l thr__-t_nths _f _
k_l_m_tr_, _nd _n _dd_t__n_l t_n m_n_t_s r_n by
fr__nds c_n _nsp_r_ s_m__n_ t_r_n thr__ m_n_t_s
l_ng_r." Th_ st_dy s__d s_c__l m_d__ _mpr_v_d th_
p_rf_rm_nc_ _f r_nn_rs wh_ h_d b__n _l_ttl_sl_w_r
_r l_ss _n sh_p_, _nd _f th_s_ wh_ w_r_ sh_w_ng
s_gns _f _v_r_t_k_ng _ fr__nd's p_rf_rm_nc_.
R_s__rch_r S_n_n_r_l s__d: "_n g_n_r_l, _f y__r_n
m_r_, _t_s l_k_ly th_t y__c_n c__s_ y__r fr__nds t_
r_n m_r_."

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1704/170422-exercise.html>

a new study has shown that physical activity and exercise are 'contagious' because of social media researchers at the massachusetts institute of technology (mit) discovered that people who post details of their exercise patterns and achievements on social media sites motivate and encourage other people to be more active researchers tracked the exercise routines of 11 million runners over a period of five years they looked at the geographic location of the runners their social network use distance time pace and the calories they burned the researchers concluded that sharing personal exercise data via social media can inspire others to exercise more exercise harder and do so more competitively

the journal 'nature communications' has published the research the study includes detailed accounts of how inspiring it can be to read about a friend's physical activity researchers said "on average an additional kilometre run by friends can inspire someone to run an additional three-tenths of a kilometre and an additional ten minutes run by friends can inspire someone to run three minutes longer" the study said social media improved the performance of runners who had been a little slower or less in shape and of those who were showing signs of overtaking a friend's performance researcher sinan aral said "in general if you run more it is likely that you can cause your friends to run more"

PUT A SLASH (/) WHERE THE SPACES ARE

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A new study has shown that physical activity and exercise are 'contagious' because of social media. Researchers at the Massachusetts Institute of Technology (MIT) discovered that people who post details of their exercise patterns and achievements on social media sites motivate and encourage other people to be more active. Researchers tracked the exercise routines of 1.1 million runners over a period of five years. They looked at the geographic location of the runners, their social network use, distance, time, pace and the calories they burned. The researchers concluded that sharing personal exercise data via social media can inspire others to exercise more, exercise harder and do so more competitively. The journal 'Nature Communications' has published the research. The study includes detailed accounts of how inspiring it can be to read about a friend's physical activity. Researchers said: "On average, an additional kilometre run by a friend can inspire someone to run an additional three-tenths of a kilometre, and an additional ten minutes run by a friend can inspire someone to run three minutes longer." The study said social media improved the performance of runners who had been a little slower or less in shape, and of those who were showing signs of overtaking a friend's performance. Researcher Si nan Aral said: "In general, if you run more, it is likely that you can cause your friend to run more."

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 this story. Share what you discover with your partner(s) in the next lesson.

3. EXERCISE: Make a poster about how we can exercise more each day. Show your work to your classmates in the next lesson. Did you all have similar things?

4. TRACKING: Write a magazine article about everyone posting details of their physical activity online every day. 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 it. Give him/her three of your ideas on how we can exercise more each day. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

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

SYNONYM MATCH (p.4)

- | | |
|----------------|--------------|
| 1. contagious | a. catching |
| 2. discovered | b. found |
| 3. post | c. put up |
| 4. pace | d. speed |
| 5. inspire | e. encourage |
| 6. accounts | f. reports |
| 7. additional | g. extra |
| 8. improved | h. bettered |
| 9. in shape | i. fit |
| 10. in general | j. usually |

COMPREHENSION QUESTIONS (p.8)

1. Physical activity
2. MIT
3. 1.1 million
4. Calories
5. Exercise more (and harder and more competitively)
6. Nature Communications
7. Detailed accounts
8. Three-tenths of a kilometre
9. Social media
10. Run more

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 ;-)