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## **Level 5**

### **Exercise for teenage girls extends their life**

**3rd August, 2015**

<http://www.breakingnewsenglish.com/1508/150803-teenage-exercise-5.html>

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**Please try Level 4 (easier) and the 26-page Level 6 (harder).**

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# THE READING

From <http://www.breakingnewsenglish.com/1508/150803-teenage-exercise-5.html>

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

The head researcher said that doing exercise as a teen would increase longevity even if they stopped exercising when they were older. She said that regardless of adult exercise, teen exercise would reduce the risk of illnesses like cancer. 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." Although the findings were based on women in China, the benefits of exercising during the teen years apply to women worldwide.

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-5.html>

## PARAGRAPH ONE:

- |                                  |                           |
|----------------------------------|---------------------------|
| 1. the importance of exercise    | a. regularly as teenagers |
| 2. Researchers analysed          | b. of exercise a day      |
| 3. women who exercised           | c. teens                  |
| 4. dying from                    | d. general                |
| 5. women who exercised more than | e. for teenage girls      |
| 6. in                            | f. cancer                 |
| 7. they did just 15 minutes      | g. data                   |
| 8. in their                      | h. 80 minutes a week      |

## PARAGRAPH TWO:

- |                            |                             |
|----------------------------|-----------------------------|
| 1. doing exercise as       | a. of adult exercise        |
| 2. increase                | b. exercising               |
| 3. regardless              | c. prevention early in life |
| 4. reduce mortality        | d. worldwide                |
| 5. disease                 | e. on women in China        |
| 6. the findings were based | f. a teen                   |
| 7. the benefits of         | g. in later life            |
| 8. apply to women          | h. longevity                |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1508/150803-teenage-exercise-5.html>

A new study shows (1) \_\_\_\_\_ exercise for teenage girls. Researchers analysed data on 75,000 Chinese women aged between 40 to 70. They found that women who (2) \_\_\_\_\_ teenagers were healthier than those who hadn't. Teenage girls who did 80 minutes exercise a week had a 16 per cent (3) \_\_\_\_\_ dying from cancer and other diseases. This percentage was 13 (4) \_\_\_\_\_ exercised more than 80 minutes a week. The researchers (5) \_\_\_\_\_, women would live longer if they did just 15 minutes of exercise (6) \_\_\_\_\_.

The head researcher said that doing (7) \_\_\_\_\_ would increase longevity even if they stopped exercising (8) \_\_\_\_\_. She said that regardless of adult exercise, teen exercise would (9) \_\_\_\_\_ illnesses like cancer. She added: "Our (10) \_\_\_\_\_ importance of promoting exercise participation in adolescence to reduce mortality in later life and highlight the critical need (11) \_\_\_\_\_ disease prevention early in life." Although the findings were based on women in China, the benefits of exercising (12) \_\_\_\_\_ years apply to women worldwide.

# TEENAGE EXERCISE SURVEY

From <http://www.breakingnewsenglish.com/1508/150803-teenage-exercise-5.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)

*Exercise for teenage girls extends their life – 3rd August, 2015*  
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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)

