

Weekend-only exercise enough to live longer

12th January, 2017



There is good news for those who only have time to exercise at the weekend – the so-called 'weekend warriors'. Cramming your recommended weekly exercise into several weekend sessions

is sufficient to help you live longer. Researchers from Loughborough University and the University of Sydney found that there were few differences in health benefits from working out daily or only at the weekends as long as people burnt enough calories. The researchers discovered that weekend warriors lowered their risk of dying from cardiovascular diseases by 41 per cent and from cancer by 18 per cent, compared with those who did no exercise. Those who exercised regularly reduced their risks by 41% and 21%.

The researchers' article is published in the journal 'JAMA Internal Medicine'. Their findings are based on a survey of around 64,000 adults aged over 40. The researchers recommended people engage in a total of at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous activity once or twice a week. They said: "The present study suggests that less frequent bouts of activity, which might be more easily fit into a busy lifestyle, offer considerable health benefits." They added: "A particularly encouraging finding was that a physical activity frequency as low as one or two sessions per week was associated with lower mortality risks."

Sources: bbc.com / livescience.com / heart.co.uk

Writing

People who do not exercise should pay more for health care. Discuss.

Chat

Talk about these words from the article.

good news / weekend / warriors / weekly / differences / health benefits / cardiovascular / researchers / article / survey / activity / frequent / busy / lifestyle / encouraging / risks

True / False

- The article brings good news for weekend warriors. T / F
- The research was conducted by two different universities. T / F
- Daily exercise and working out at weekends brings similar benefits. T / F
- Those who exercised regularly reduced risks of cancer by 41%. T / F
- Researchers looked at the health of about 64,000 adults. T / F
- Researchers recommended 150 minutes of vigorous exercise a day. T / F
- Researchers said it was impossible to exercise with a busy lifestyle. T / F
- Exercise just once or twice a week increased mortality risks. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|------------------------|----------------|
| 1. warriors | a. participate |
| 2. recommended | b. enough |
| 3. sufficient | c. promising |
| 4. burnt | d. issued |
| 5. reduced | e. advised |
| 6. published | f. sizeable |
| 7. survey | g. lowered |
| 8. engage | h. fighters |
| 9. considerable | i. study |
| 10. encouraging | j. used up |

Discussion – Student A

- What do you think about what you read?
- How good are you at exercising?
- How could you fit more exercise into your day?
- Who is the fittest person you know?
- What exercise would you like to do if you had time?
- What do you think of the term 'weekend warrior'?
- Is it better to exercise every day or a few times a week?
- How healthy do you think you are?

Phrase Match

- | | |
|-----------------------------|------------------------------|
| 1. the so- | a. one or two sessions |
| 2. several weekend | b. diseases |
| 3. health benefits from | c. risks by 41% |
| 4. cardiovascular | d. activity |
| 5. reduced their | e. with lower mortality |
| 6. 75 minutes of vigorous | f. called 'weekend warriors' |
| 7. might be more easily fit | g. encouraging |
| 8. particularly | h. working out daily |
| 9. frequency as low as | i. sessions is sufficient |
| 10. associated | j. into a busy lifestyle |

Discussion – Student B

- What kind of exercise is moderate activity?
- What kind of exercise is vigorous activity?
- Is being busy a good exercise?
- How busy is your lifestyle?
- What is your favourite kind of exercise, and why?
- Why are people exercising less these days?
- What advice do you have for 'weekend warriors'?
- What questions would you like to ask the researchers?

Spelling

- your enmmrceeodd weekly exercise
- aeervsl weekend sessions
- sfuietnicf to help you live longer
- health nfeteibs
- people burnt enough rocsiael
- Those who exercised ylaerlurg
- published in the aljonru
- uoisogvr activity
- dbnaisceleor health benefits
- A particularly nconauggire finding
- nfeqcyeru as low as one or two
- caedassoit with lower mortality risks

Answers – Synonym Match

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

Role Play

Role A – Walking

You think walking is the best exercise. Tell the others three reasons why. Tell them what is wrong with their kinds of exercise. Also, tell the others which is the worst of these (and why): dancing, aerobics or weight training.

Role B – Dancing

You think dancing is the best exercise. Tell the others three reasons why. Tell them what is wrong with their kinds of exercise. Also, tell the others which is the worst of these (and why): walking, aerobics or weight training.

Role C – Aerobics

You think aerobics is the best exercise. Tell the others three reasons why. Tell them what is wrong with their kinds of exercise. Also, tell the others which is the worst of these (and why): dancing, walking or weight training.

Role D – Weight Training

You think weight training is the best exercise. Tell the others three reasons why. Tell them what is wrong with their kinds of exercise. Also, tell the others which is the worst of these (and why): dancing, aerobics or walking.

Speaking – Exercise

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

- | | |
|-------------------|------------|
| • cycling | • walking |
| • tennis | • aerobics |
| • hiking | • dancing |
| • weight training | • swimming |

Answers – True False

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