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Level 2

Exercise pill could replace exercising

6th May, 2017

<http://www.breakingnewsenglish.com/1705/170506-exercise-pill-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <http://www.breakingnewsenglish.com/1705/170506-exercise-pill-2.html>

Scientists are working on a pill to help people who do no exercise. It could also increase the performance of those who do exercise. The scientists are from a biological studies institute in California. They say the pill could produce the same benefits to the body that it gets from running. It could make us healthier. It could give us more stamina, fat loss, a better mood, a healthier heart and a longer lifespan – all without exercising. The scientists said the pill helped to increase athletic performance in mice by 70 per cent. This could be good news for people who want to exercise more.

The scientists looked at how the body changes with exercise. A researcher said: "It's well known that people can improve their...endurance through training. The question for us was: How does endurance work? And...can we replace training with a drug?" He found a chemical that could copy the positive effects of exercise without needing to exercise. The chemical made the body burn fat instead of sugar. Burning fat instead of sugar means you can improve your stamina to the same level as someone who exercises, without the need to exercise.

Sources: <http://www.foxnews.com/lifestyle/2017/05/03/exercise-pill-may-replace-workouts-in-future.html>
<http://www.thehealthsite.com/news/can-you-have-an-exercise-pill-to-avoid-work-outs-ag0517/>
<https://medicalxpress.com/news/2017-05-exercise-in-a-pill-boosts-athletic-percent.html>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1705/170506-exercise-pill-2.html>

PARAGRAPH ONE:

- | | |
|---|---------------------|
| 1. Scientists are working | a. who do exercise |
| 2. help people who do | b. performance |
| 3. increase the performance of those | c. healthier |
| 4. produce the same benefits | d. to exercise more |
| 5. It could make us | e. on a pill |
| 6. It could give us more | f. to the body |
| 7. the pill helped to increase athletic | g. no exercise |
| 8. good news for people who want | h. stamina |

PARAGRAPH TWO:

- | | |
|------------------------------------|------------------|
| 1. how the body changes | a. stamina |
| 2. It's well | b. with a drug |
| 3. improve their endurance through | c. of exercise |
| 4. replace training | d. who exercises |
| 5. the positive effects | e. with exercise |
| 6. Burning fat instead | f. training |
| 7. improve your | g. known |
| 8. the same level as someone | h. of sugar |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1705/170506-exercise-pill-2.html>

Scientists are (1) _____ to help people who do no exercise. It could also increase (2) _____ those who do exercise. The scientists are from a biological studies institute in California. They say the pill could produce (3) _____ to the body that it gets from running. It could make us healthier. It could give (4) _____, fat loss, a better mood, a healthier heart and (5) _____ - all without exercising. The scientists said the pill helped to increase athletic performance in mice by 70 per cent. This could (6) _____ for people who want to exercise more.

The scientists (7) _____ the body changes with exercise. A researcher said: "It's well known that people can improve (8) _____ through training. The question for us was: How does endurance work? And...can (9) _____ with a drug?" He found a chemical that could copy the (10) _____ exercise without needing to exercise. The chemical made the body burn (11) _____. Burning fat instead of sugar means you can improve your stamina to the same level as someone who exercises, without the (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1705/170506-exercise-pill-2.html>

Scientists are working on a pill to help people who do not exercise. It could also increase the performance of those who do exercise. The scientists are from a biological studies institute in California. They say the pill could produce the same benefits to the body that it gets from running. It could make us healthier. It could give us more stamina, fat loss, a better mood, a healthier heart and a longer lifespan – all without exercising. The scientists said the pill helped to increase athletic performance in mice by 70 percent. This could be good news for people who want to exercise more. The scientists looked at how the body changes with exercise. A researcher said: "It's well known that people can improve their... endurance through training. The question for us was: How does endurance work? And... can we replace training with a drug?" He found a chemical that could copy the positive effects of exercise without needing to exercise. The chemical made the body burn fat instead of sugar. Burning fat instead of sugar means you can improve your stamina to the same level as someone who exercises, without the need to exercise.

EXERCISE PILLS SURVEY

From <http://www.breakingnewsenglish.com/1705/170506-exercise-pill-4.html>

Write five GOOD questions about exercise pills 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) _____

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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) _____

