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Level 2 – 23rd May 2024

Cycling is good for your knees, says study

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<https://breakingnewsenglish.com/2405/240523-cycling-and-knees-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 <https://breakingnewsenglish.com/2405/240523-cycling-and-knees-2.html>

Cycling keeps us keep fit and healthy. It is good for our heart and our mental health. It also keeps our weight down. A surprising benefit of getting on a bike is that it is good for our knees. A new study says cyclists have less knee pain when they get older. The study is from Baylor College of Medicine in the USA. Researchers surveyed 2,600 people, with an average age of 64. The people were asked about their levels of physical activity. They also had X-rays of their knees taken. Researchers looked at the X-rays for signs of arthritis in the knee joints.

Lead researcher Dr Grace Lo was surprised by the results of the research. She said cyclists were 21 per cent less likely to have signs of a joint problem called osteoarthritis. This is often called "wear-and-tear" arthritis. It happens when we use our joints a lot. The joint wears down and becomes painful. Arthritis is a very common disease. It usually starts when people are in their fifties. Dr Lo said cycling, "is a great preventative strategy for many things, including arthritis". A lot of research shows that cyclists are around 20 per cent less likely to die prematurely.

Sources: <https://nypost.com/2024/05/20/lifestyle/cycling-could-help-you-live-longer-and-reduce-knee-pain/>
<https://www.nprillinois.org/2024-05-20/like-to-bike-your-knees-will-thank-you-and-you-may-live-longer-too>
<https://medicalxpress.com/news/2024-05-biking-revealed-knee-pain-life.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees-2.html>

PARAGRAPH ONE:

- | | |
|---------------------------------|-------------------------|
| 1. Cycling keeps us | a. activity |
| 2. good for our heart and | b. getting on a bike |
| 3. It also keeps our weight | c. 2,600 people |
| 4. A surprising benefit of | d. down |
| 5. cyclists have less knee pain | e. of their knees taken |
| 6. Researchers surveyed | f. keep fit |
| 7. physical | g. when they get older |
| 8. They also had X-rays | h. our mental health |

PARAGRAPH TWO:

- | | |
|--------------------------------|------------------------|
| 1. have signs of a joint | a. including arthritis |
| 2. This is often called "wear- | b. common disease |
| 3. The joint wears | c. prematurely |
| 4. Arthritis is a very | d. and-tear" arthritis |
| 5. when people are | e. strategy |
| 6. many things, | f. problem |
| 7. a great preventative | g. in their fifties |
| 8. less likely to die | h. down |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees-2.html>

Cycling keeps us keep (1) _____. It is good for our heart and our mental health. It also keeps (2) _____. A surprising benefit of getting on a bike is that it is good for our knees. A new study says cyclists have (3) _____ when they get older. The study is from Baylor College of Medicine in the USA. Researchers surveyed 2,600 people, with an (4) _____ 64. The people were asked about their (5) _____ activity. They also had X-rays of their knees taken. Researchers looked at the X-rays for (6) _____ in the knee joints.

Lead researcher Dr Grace Lo was (7) _____ results of the research. She said cyclists were 21 per cent less likely to have signs of (8) _____ called osteoarthritis. This is often called "wear-and-tear" arthritis. It happens when we use our joints a lot. The (9) _____ and becomes painful. Arthritis is a (10) _____. It usually starts when people are in their fifties. Dr Lo said cycling, "is a great preventative (11) _____ things, including arthritis". A lot of research shows that cyclists are around 20 per cent (12) _____ die prematurely.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees-2.html>

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CYCLING SURVEY

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees-2.html>

Write five GOOD questions about cycling 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) _____

