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Level 4 – 17th August 2026

Couples who exercise together communicate better

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<https://breakingnewsenglish.com/2608/260817-exercising-together-4.html>

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Please try Levels 5 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2608/260817-exercising-together-4.html>

Married couples who exercise together communicate better. Researchers looked at exercise habits and relationships of married couples. The researchers focused on conflict resolution, the ability to listen, and the seriousness of marriage problems. A professor suggested that exercising together helped couples sort out problems. He said couples communicated better and had fewer problems when they exercised together.

The researchers compared couples exercising separately with those exercising together. The couples who exercised together were more successful at resolving marriage problems. The professor said about 60 per cent of couples said they exercised, but only a third exercised together. This means half the people who exercised did not do so with their spouse. The professor said exercising together affected relationships "in some meaningful way".

Sources: <https://www.earth.com/lifestyle/exercising-together-may-help-couples-communicate-better/>
<https://phys.org/news/2026-08-happier-marriage-simple-habit.html>
<https://scitechdaily.com/scientists-say-this-simple-habit-could-lead-to-a-happier-marriage/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2608/260817-exercising-together-4.html>

PARAGRAPH ONE:

- | | |
|------------------------------------|--------------------|
| 1. Married couples | a. fewer problems |
| 2. Researchers looked at exercise | b. married couples |
| 3. relationships of | c. to listen |
| 4. researchers focused on conflict | d. problems |
| 5. the ability | e. who exercise |
| 6. the seriousness of marriage | f. out problems |
| 7. helped couples sort | g. resolution |
| 8. communicated better and had | h. habits |

PARAGRAPH TWO:

- | | |
|-------------------------------------|---------------------------|
| 1. researchers compared | a. together |
| 2. successful at resolving marriage | b. affected relationships |
| 3. 60 per cent of couples | c. spouse |
| 4. only a third exercised | d. said they exercised |
| 5. do so with their | e. way |
| 6. half the people who | f. couples |
| 7. exercising together | g. problems |
| 8. in some meaningful | h. exercised |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2608/260817-exercising-together-4.html>

Married (1) _____ together communicate better.

Researchers looked at exercise (2) _____ of

married couples. The researchers focused

(3) _____, the ability to listen, and the seriousness

(4) _____. A professor suggested that exercising

together helped couples (5) _____. He said couples

communicated better and (6) _____ when they

exercised together.

The researchers compared couples (7) _____ those

exercising together. The couples (8) _____ were

more (9) _____ marriage problems. The professor

said about 60 per cent of couples said they exercised, but

(10) _____ exercised together. This means half the

people who exercised did not do so (11) _____.

The professor said exercising together affected relationships "in

(12) _____".

PUT A SLASH (/) WHERE THE SPACES ARE

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EXERCISING SURVEY

From <https://breakingnewsenglish.com/2608/260817-exercising-together-4.html>

Write five GOOD questions about exercising 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) _____

WRITING

From <https://breakingnewsenglish.com/2608/260817-exercising-together-4.html>

Write about **exercising** for 10 minutes. Read and talk about your partner's paper.

[illegible]