

Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES
FOR LANGUAGE TEACHERS"**

breakingnewsenglish.com/book.html

**Thousands more free lessons
from Sean's other websites**

www.freeeslmaterials.com/sean_banville_lessons.html

Level 5 – 17th August 2026

Couples who exercise together communicate better

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2608/260817-exercising-together-5.html>

Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

Please try Levels 4 and 6. They are (a little) harder.

X (Twitter)



[X.com/SeanBanville](https://x.com/SeanBanville)

Facebook



www.facebook.com/pages/BreakingNewsEnglish/155625444452176

THE READING

From <https://breakingnewsenglish.com/2608/260817-exercising-together-5.html>

Research has found that married couples who exercise together communicate better. Researchers in the USA looked at exercise habits and relationships of 1,700 married couples. The research team focused on conflict resolution, the ability to listen, and the seriousness and frequency of marriage problems. A professor suggested that exercising together helped couples sort out problems peacefully. He added that the effect was small but important. He said couples communicated better and had fewer problems when they exercised together.

The researchers compared couples exercising separately with those exercising together. Both kinds of exercise were associated with healthier marriages. However, couples who exercised together were more successful at resolving marriage problems. The professor said: "About 60 per cent of husbands and wives in the sample said they exercised, but only about a third exercised together. That means about half the people who exercise are not exercising with their spouse." The professor said he was confident that 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-5.html>

PARAGRAPH ONE:

- | | |
|------------------------------------|-------------------------|
| 1. research has found | a. peacefully |
| 2. exercise | b. had fewer problems |
| 3. conflict | c. habits |
| 4. frequency | d. resolution |
| 5. exercising together helped | e. but important |
| 6. sort out problems | f. that |
| 7. the effect was small | g. couples |
| 8. couples communicated better and | h. of marriage problems |

PARAGRAPH TWO:

- | | |
|---------------------------------|-----------------------|
| 1. couples exercising | a. confident |
| 2. more successful at resolving | b. exercised together |
| 3. 60 per cent of husbands | c. way |
| 4. only about a third | d. spouse |
| 5. exercising with their | e. and wives |
| 6. The professor said he was | f. relationships |
| 7. exercising together affected | g. separately |
| 8. in some meaningful | h. marriage problems |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2608/260817-exercising-together-5.html>

Research has found that married (1) _____ together communicate better. Researchers in the USA looked at exercise (2) _____ of 1,700 married couples. The research team focused (3) _____, the ability to listen, and the (4) _____ of marriage problems. A professor suggested that exercising together helped couples sort (5) _____. He added that the effect was small but important. He said couples communicated better and had (6) _____ they exercised together.

The researchers compared (7) _____ with those exercising together. Both kinds of exercise (8) _____ healthier marriages. However, couples who exercised together were more (9) _____ marriage problems. The professor said: "About 60 per cent of husbands and wives (10) _____ said they exercised, but only about a third exercised together. That means about half the people who exercise are not exercising (11) _____. " The professor said he was confident that exercising together affected relationships "in (12) _____".

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2608/260817-exercising-together-5.html>

Research has found that married couples who exercise together communicate better. Researchers in the USA looked at exercise habits and relationships of 1,700 married couples. The research team focused on conflict resolution, the ability to listen, and the seriousness and frequency of marriage problems. A professor suggested that exercising together helped couples sort out problems peacefully. He added that the effect was small but important. He said couples communicated better and had fewer problems when they exercised together. The researchers compared couples exercising separately with those exercising together. Both kinds of exercise were associated with healthier marriages. However, couples who exercised together were more successful at resolving marriage problems. The professor said: "About 60 percent of husbands and wives in the sample said they exercised, but only about a third exercised together. That means about half the people who exercise are not exercising with their spouse. "The professor said he was confident that exercising together affected relationships in some meaningful way".

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) _____

Couples who exercise together communicate better – 17th August 2026
More free lessons at breakingnewsenglish.com

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-5.html>

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

[illegible]