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Level 6 – 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.html

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

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

New research has found that married couples who exercise together communicate better. Researchers from Brigham Young University in the USA looked at the exercise habits and relationships of 1,693 young married couples. In particular, the research team focused on conflict resolution, the ability to listen to a partner, and the seriousness and frequency of marital issues. Study co-author Professor Jeremy Yorgason suggested that exercising together helped couples sort out problems "peacefully". He added that the effect was small but significant. He said couples reported better communication and fewer problems when they exercised together.

The researchers compared couples exercising separately with couples exercising together. Both individual and shared exercise were associated with healthier marriages. However, couples who exercised together were found to be more successful at resolving marital problems. Professor Yorgason 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." He added that while the impact was not necessarily large, it was very consistent across couples. The difference gave him the confidence to say that it was affecting 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/

WARM-UPS

1. EXERCISING: Students walk around the class and talk to other students about exercising. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

> research / married couples / communication / habits / listen / peacefully / problems / exercise / successful / husbands / wives / spouse / impact / confidence / meaningful

Have a chat about the topics you liked. Change topics and partners frequently.

3. EXERCISING TOGETHER: Students A **strongly** believe exercising with another person is better than exercising alone; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. HAPPY TOGETHER: How important are the things in the table in helping couples stay happy? How often do you do these things? Complete this table with your partner(s). Change partners often and share what you wrote.

	Importance	You
Eat together		
Say "thank you"		
Regular dates		
Talk about money		
Apologize sincerely		
Do housework together		

5. MARRIED: Spend one minute writing down all of the different words you associate with the word "married". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. EXERCISING TOGETHER: Rank these with your partner. Put the best things about exercising with your spouse/partner at the top. Change partners often and share your rankings.

- Fun
- Time to talk
- Achieve exercise goals
- Quality time together
- Emotional connection
- Feeling good together
- Harder to give up
- Helping each other

VOCABULARY MATCHING

Paragraph 1

1.	habits	a.	Problems or things that need attention.
2.	relationships	b.	Important or noticeable.
3.	conflict resolution	c.	Something that you do often, sometimes without thinking.
4.	marital	d.	The way two or more people know, like, or communicate with each other.
5.	issues	e.	Related to marriage or married people.
6.	couples	f.	Two people who are married or have a romantic relationship.
7.	significant	g.	Finding a peaceful way to solve a disagreement or problem.

Paragraph 2

8.	separately	h.	The effect or change that something has on a person or situation.
9.	individual	i.	A person who is married to another person.
10.	associated	j.	Finding an answer to a problem or dealing with it successfully.
11.	resolving	k.	Not together with another person or group.
12.	spouse	l.	Staying the same or happening in the same way over time.
13.	impact	m.	One person or thing, not a group.
14.	consistent	n.	Connected with something or related to it.

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. The article says all married couples who exercise together talk more. **T / F**
2. Researchers looked at 1,693 married couples of all ages. **T / F**
3. One thing researchers looked at was conflict resolution. **T / F**
4. A researcher said joint exercise could lead to "peaceful" problem solving. **T / F**
5. Researchers only looked at people who exercised with their spouse. **T / F**
6. About half of the people in the study did not exercise with their spouse. **T / F**
7. A researcher said exercise with a spouse had a big impact on marriage. **T / F**
8. The researcher said he was confident his marriage would last. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

1. habits	a. regularity
2. conflict	b. linked
3. frequency	c. matrimonial
4. sort out	d. dispute
5. significant	e. uniform
6. separately	f. resolve
7. associated	g. routines
8. marital	h. husband/wife
9. spouse	i. notable
10. consistent	j. apart

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

1. the research team focused on conflict	a. way
2. the seriousness and frequency of marital	b. resolution
3. helped couples sort out problems	c. exercised together
4. the effect was small	d. issues
5. fewer problems when they	e. with healthier marriages
6. Both individual and	f. but significant
7. associated	g. spouse
8. not exercising with their	h. shared exercise
9. it was very consistent	i. "peacefully"
10. affecting relationships in some meaningful	j. across couples

GAP FILL

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

New (1) _____ has found that married couples who exercise together communicate better. Researchers from Brigham Young University in the USA looked at the exercise (2) _____ and relationships of 1,693 young married couples. In (3) _____, the research team focused on (4) _____ resolution, the ability to listen to a partner, and the seriousness and (5) _____ of marital issues. Study co-author Professor Jeremy Yorgason suggested that exercising together helped couples (6) _____ out problems "peacefully". He added that the effect was small but (7) _____. He said couples reported better communication and (8) _____ problems when they exercised together.

particular

frequency

research

fewer

conflict

significant

habits

sort

The researchers compared couples exercising (9) _____ with couples exercising together. Both (10) _____ and shared exercise were (11) _____ with healthier marriages. However, couples who exercised together were found to be more successful at resolving (12) _____ problems. Professor Yorgason said: "About 60 per cent of husbands and wives in the (13) _____ said they exercised, but only about a third exercised together. That means about half the people who exercise are not exercising with their (14) _____." He added that while the impact was not necessarily large, it was very (15) _____ across couples. The difference gave him the confidence to say that it was affecting relationships "in some (16) _____ way".

associated

consistent

sample

separately

marital

meaningful

individual

spouse

LISTENING – Guess the answers. Listen to check.

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

1) Researchers from Brigham Young University in the USA looked at _____
   a. the exercise habitual
   b. the exercised habits
   c. the exercise habits
   d. the exercises habits
2) In particular, the research team focused _____
   a. in conflict resolution
   b. on conflict resolution
   c. of conflict resolution
   d. on conflict resolution
3) Yorgason suggested that exercising together helped couples _____
   a. sort out problems
   b. sort tout problems
   c. sore tout problems
   d. sorte taut problems
4) He added that the effect was _____
   a. small but significance
   b. small but significantly
   c. small but significant
   d. small but signifying
5) He said couples reported better communication _____
   a. and fewer problem
   b. end fewer problems
   c. and fewer problems
   d. end fewer problem
6) researchers compared couples exercising separately with _____
   a. couple exercise in together
   b. couples exercised together
   c. couples exercise din together
   d. couples exercising together
7) couples who exercised together were found to be more successful at _____
   a. resolving martial problems
   b. resolve in marital problems
   c. resolving marital problem
   d. resolving marital problems
8) about half the people who exercise are not exercising _____
   a. with their spousal
   b. with their spouse
   c. with there spouse
   d. wither spouse
9) the impact was not necessarily large, it was very _____
   a. consistent cross couples
   b. consistent across uncouples
   c. consistent across couplets
   d. consistent across couples
10) the confidence to say that it was affecting relationships in _____
   a. some meaning full way
   b. some meaningful way
   c. sum meaningful way
   d. some meaning fully way

LISTENING – Listen and fill in the gaps

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

New research has found that married (1) _____ together communicate better. Researchers from Brigham Young University in the USA looked at the (2) _____ relationships of 1,693 young married couples. In particular, the research team (3) _____ resolution, the ability to listen to a partner, and the seriousness and frequency (4) _____. Study co-author Professor Jeremy Yorgason suggested that exercising together helped couples sort (5) _____. He added that the effect was (6) _____. He said couples reported better communication and fewer problems when they exercised together.

The researchers compared couples exercising separately with couples exercising together. Both (7) _____ exercise were associated with healthier marriages. However, couples who exercised together were found to be more (8) _____ marital problems. Professor Yorgason said: "About 60 per cent of husbands and wives in the sample said they exercised, but only about (9) _____ together. That means about half the people who exercise are not exercising (10) _____." He added that while the impact was not necessarily large, it was (11) _____ couples. The difference gave him the confidence to say that it was affecting relationships "in (12) _____".

COMPREHENSION QUESTIONS

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

1. In which country was this research conducted?

2. How many young couples did the researchers look at?

3. What did researchers look at the frequency of?

4. What did couples who exercised together sort out peacefully?

5. What did the researcher say the effect of exercise was besides small?

6. Who did researchers compare couples who exercised together to?

7. What were couples who exercised together more successful at?

8. What percentage of spouses in the study exercised?

9. What percentage of people in the study exercised with their spouse?

10. In what way does exercising with a spouse affect relationships?

MULTIPLE CHOICE - QUIZ

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

1) In which country was this research conducted?
a) Indonesia
b) Brazil
c) the USA
d) Nigeria

2) How many young couples did the researchers look at?
a) 1,693
b) 1,963
c) 1,639
d) 1,396

3) What did researchers look at the frequency of?
a) arguments
b) marital issues
c) making up
d) date nights

4) What did couples who exercised together sort out peacefully?
a) disagreements about money
b) arguments
c) who did the housework
d) problems

5) What did the researcher say the effect of exercise was besides small?
a) insignificant
b) startling
c) significant
d) strange

6) Who did researchers compare couples who exercised together to?
a) unmarried couples who exercised separately
b) couples who exercised separately
c) single people who exercised alone
d) single people who exercised with a friend

7) What were couples who exercised together more successful at?
a) raising children
b) winning competitions
c) their careers
d) resolving marital problems

8) What percentage of spouses in the study exercised?
a) about 40 per cent
b) about 60 per cent
c) about 70 per cent
d) about 90 per cent

9) What percentage of people in the study exercised with their spouse?
a) about 20 per cent
b) about 30 per cent
c) about 40 per cent
d) about 70 per cent

10) In what way does exercising with a spouse affect relationships?
a) in some meaningful way
b) in a good way
c) in a curious way
d) in a bad way

ROLE PLAY

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

Role A – Fun

You think having fun is the best reason to exercise with your partner. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least desirable of these (and why): having time to talk, spending quality time together or helping each other.

Role B – Time to Talk

You think having time to talk is the best reason to exercise with your partner. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least desirable of these (and why): having fun, spending quality time together or helping each other.

Role C – Quality Time Together

You think spending quality time together is the best reason to exercise with your partner. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least desirable of these (and why): having time to talk, having fun or helping each other.

Role D – Helping Each Other

You think helping each other is the best reason to exercise with your partner. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least desirable of these (and why): having time to talk, spending quality time together or having fun.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look online / in your dictionary to find collocates, information on, synonyms for… the words 'exercise' and 'communicate'.

exercise	**communicate**

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning…?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

• new • habits • particular • frequency • effect • fewer	• separately • both • successful • half • large • way

EXERCISING SURVEY

From https://breakingnewsenglish.com/2608/260817-exercising-together.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.

EXERCISING DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'exercise'?
3. What do you think of exercising?
4. Do you prefer exercising alone or with other people?
5. Why might exercising with a partner better conflict resolution?
6. What benefits does exercising with people bring?
7. What are the best ways to resolve conflicts?
8. What kinds of exercise are best at resolving problems?
9. How important is it to listen to other people?
10. Are you a good listener?

EXERCISING DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'communicate'?
13. What do you think about what you read?
14. What exercise do you do?
15. What exercise would you like to do?
16. What are the secrets to a happy marriage?
17. Should exercising together be a part of marriage vows?
18. What can governments do to get more people to exercise?
19. In what way could exercise be bad for relationships?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

LANGUAGE - CLOZE

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

New research has (1) _____ that married couples who exercise together communicate better. Researchers from Brigham Young University in the USA looked at the exercise (2) _____ and relationships of 1,693 young married couples. In (3) _____, the research team focused on conflict (4) _____, the ability to listen to a partner, and the seriousness and frequency of marital issues. Study co-author Professor Jeremy Yorgason suggested that exercising together helped couples (5) _____ out problems "peacefully". He added that the effect was small but significant. He said couples reported better communication and (6) _____ problems when they exercised together.

The researchers compared couples exercising (7) _____ with couples exercising together. Both individual and shared exercise were associated (8) _____ healthier marriages. However, couples who exercised together were found to be more successful at resolving (9) _____ problems. Professor Yorgason 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 (10) _____ the people who exercise are not exercising with their spouse." He added that while the (11) _____ was not necessarily large, it was very consistent across couples. The difference gave him the confidence to say that it was affecting relationships "in (12) _____ meaningful way".

Put the correct words from the table below in the above article.

1.	(a)	founded	(b)	found	(c)	find	(d)	finding
2.	(a)	habitats	(b)	habits	(c)	habitat	(d)	habitual
3.	(a)	particularly	(b)	peculiar	(c)	particles	(d)	particular
4.	(a)	revolution	(b)	resolution	(c)	regulation	(d)	revelation
5.	(a)	short	(b)	sort	(c)	snort	(d)	sport
6.	(a)	less	(b)	small	(c)	fewer	(d)	much
7.	(a)	separate	(b)	separated	(c)	separately	(d)	separates
8.	(a)	of	(b)	at	(c)	with	(d)	by
9.	(a)	marry	(b)	Martian	(c)	martial	(d)	marital
10.	(a)	half	(b)	halve	(c)	halving	(d)	halfway
11.	(a)	impact	(b)	impacting	(c)	impacts	(d)	impacted
12.	(a)	much	(b)	none	(c)	some	(d)	all

SPELLING

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

Paragraph 1

1. habits and aiterlnspshio

2. In tacirruapl

3. conflict lioesontru

4. the seriousness and feynqceru

5. tmarail issues

6. the effect was small but ncniiigtasf

Paragraph 2

7. exercising ealearypts

8. ndaiduiivl and shared exercise

9. tcsaeioads with healthier marriages

10. exercising with their essupo

11. the impact was not cenylsiesra large

12. gave him the feeincondc to say that

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

( ) 60 per cent of husbands and wives in the sample said they exercised, but only about a

( ) and shared exercise were associated with healthier marriages. However, couples who exercised

( ) better. Researchers from Brigham Young University in the USA looked at the exercise habits and

( ) gave him the confidence to say that it was affecting relationships "in some meaningful way".

( ) issues. Study co-author Professor Jeremy Yorgason suggested that exercising together helped couples sort

(***1***) New research has found that married couples who exercise together communicate

( ) out problems "peacefully". He added that the effect was small but significant. He said couples

( ) relationships of 1,693 young married couples. In particular, the research team focused on conflict

( ) reported better communication and fewer problems when they exercised together.

( ) resolution, the ability to listen to a partner, and the seriousness and frequency of marital

( ) spouse." He added that while the impact was not necessarily large, it was very consistent across couples. The difference

( ) The researchers compared couples exercising separately with couples exercising together. Both individual

( ) third exercised together. That means about half the people who exercise are not exercising with their

( ) together were found to be more successful at resolving marital problems. Professor Yorgason said: "About

PUT THE WORDS IN THE RIGHT ORDER

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

1. 1,693 couples exercise habits married of The young .

2. conflict focused In particular, the team on resolution .

3. ability a listen to partner The to .

4. couples Exercising helped peacefully problems sort together out .

5. but effect He said significant small the was .

6. Compared couples couples exercising exercising separately together with .

7. Be at marital more problems resolving successful .

8. 60 About in per cent sample spouses of the .

9. confidence difference gave him say that The to .

10. affecting in It meaningful relationships some way was .

CIRCLE THE CORRECT WORD (20 PAIRS)

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

New research has found that *marriage / married* couples who exercise together communicate better. Researchers from Brigham Young University in the USA looked at the exercise *habitual / habits* and relationships of 1,693 young married *couple / couples*. In *particular / peculiar*, the research team focused *on / in* conflict resolution, the ability to listen to a partner, and the seriousness and frequency of *martial / marital* issues. Study co-author Professor Jeremy Yorgason *suggestion / suggested* that exercising together helped couples sort *in / out* problems "peacefully". He added that the effect was small but *significant / significance*. He said couples reported better communication and *fewer / less* problems when they exercised together.

The researchers *comparison / compared* couples exercising separately with couples exercising together. Both *individual / individually* and shared exercise were associated *with / of* healthier marriages. However, couples who exercised together were *fond / found* to be more successful *at / of* resolving marital problems. Professor Yorgason said: "About 60 per cent of husbands and wives in the *simple / sample* said they exercised, but only about a third exercised together. That means about *halve / half* the people who exercise are not exercising with their *espouse / spouse*." He added that while the impact was not *necessarily / necessary* large, it was very consistent across couples. The difference gave him the confidence to say that it was affecting relationships "*in / on* some meaningful way".

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

INSERT THE VOWELS (a, e, i, o, u)

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

N_w r_s__rch h_s f__nd th_t m_rr__d c__pl_s wh_ _x_rc_s_ t_g_th_r c_mm_n_c_t_ b_tt_r. R_s__rch_rs fr_m Br_gh_m Y__ng _n_v_rs_ty _n th_ _S_ l__k_d _t th_ _x_rc_s_ h_b_ts _nd r_l_t__nsh_ps _f 1,693 y__ng m_rr__d c__pl_s. _n p_rt_c_l_r, th_ r_s__rch t__m f_c_s_d _n c_nfl_ct r_s_l_t__n, th_ _b_l_ty t_ l_st_n t_ _ p_rtn_r, _nd th_ s_r___sn_ss _nd fr_q__ncy _f m_r_t_l _ss__s. St_dy c_-__th_r Pr_f_ss_r J_r_my Y_rg_s_n s_gg_st_d th_t _x_rc_s_ng t_g_th_r h_lp_d c__pl_s s_rt __t pr_bl_ms "p__c_f_lly". H_ _dd_d th_t th_ _ff_ct w_s sm_ll b_t s_gn_f_c_nt. H_ s__d c__pl_s r_p_rt_d b_tt_r c_mm_n_c_t__n _nd f_w_r pr_bl_ms wh_n th_y _x_rc_s_d t_g_th_r.

Th_ r_s__rch_rs c_mp_r_d c__pl_s _x_rc_s_ng s_p_r_t_ly w_th c__pl_s _x_rc_s_ng t_g_th_r. B_th _nd_v_d__l _nd sh_r_d _x_rc_s_ w_r_ _ss_c__t_d w_th h__lth__r m_rr__g_s. H_w_v_r, c__pl_s wh_ _x_rc_s_d t_g_th_r w_r_ f__nd t_ b_ m_r_ s_cc_ssf_l _t r_s_lv_ng m_r_t_l pr_bl_ms. Pr_f_ss_r Y_rg_s_n s__d: "_b__t 60 p_r c_nt _f h_sb_nds _nd w_v_s _n th_ s_mpl_ s__d th_y _x_rc_s_d, b_t _nly _b__t _ th_rd _x_rc_s_d t_g_th_r. Th_t m__ns _b__t h_lf th_ p__pl_ wh_ _x_rc_s_ _r_ n_t _x_rc_s_ng w_th th__r sp__s_." H_ _dd_d th_t wh_l_ th_ _mp_ct w_s n_t n_c_ss_r_ly l_rg_, _t w_s v_ry c_ns_st_nt _cr_ss c__pl_s. Th_ d_ff_r_nc_ g_v_ h_m th_ c_nf_d_nc_ t_ s_y th_t _t w_s _ff_ct_ng r_l_t__nsh_ps "_n s_m_ m__n_ngf_l w_y".

PUNCTUATE THE TEXT AND ADD CAPITALS

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

new research has found that married couples who exercise together communicate better researchers from brigham young university in the usa looked at the exercise habits and relationships of 1693 young married couples in particular the research team focused on conflict resolution the ability to listen to a partner and the seriousness and frequency of marital issues study coauthor professor jeremy yorgason suggested that exercising together helped couples sort out problems peacefully he added that the effect was small but significant he said couples reported better communication and fewer problems when they exercised together

the researchers compared couples exercising separately with couples exercising together both individual and shared exercise were associated with healthier marriages however couples who exercised together were found to be more successful at resolving marital problems professor yorgason 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 he added that while the impact was not necessarily large it was very consistent across couples the difference gave him the confidence to say that it was affecting relationships in some meaningful way

PUT A SLASH (/) WHERE THE SPACES ARE

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

Newresearchhasfoundthatmarriedcoupleswhoexercisetogethercom
municatebetter.ResearchersfromBrighamYoungUniversityintheUS
Alookedattheexercisehabitsandrelationshipsof1,693youngmarriedc
ouples.Inparticular,theresearchteamfocusedonconflictresolution,th
eabilitytolistentoapartner,andtheseriousnessandfrequencyofmarita
lissues.Studyco-authorProfessorJeremyYorgasonsuggestedthatex
ercisingtogetherhelpedcouplessortoutproblems"peacefully".Headd
edthattheeffectwassmallbutsignificant.Hesaidcouplesreportedbette
rcommunicationandfewerproblemswhentheyexercisedtogether.Th
eresearcherscomparedcouplesexercisingseparatelywithcouplesexe
rcisingtogether.Bothindividualandsharedexercisewereassociatedwi
thhealthiermarriages.However,coupleswhoexercisedtogetherweref
oundtobemoresuccessfulatresolvingmaritalproblems.ProfessorYor
gasonsaid:"About60percentofhusbandsandwivesinthesamplesaidt
heyexercised,butonlyaboutathirdexercisedtogether.Thatmeansabo
uthalfthepeoplewhoexercisearenotexercisingwiththeirspouse."Hea
ddedthatwhiletheimpactwasnotnecessarilylarge,itwasveryconsiste
ntacrosscouples.Thedifferencegavehimtheconfidencetosaythatitwa
saffectingrelationships"insomemeaningfulway".

FREE WRITING

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

Write about **exercising** for 10 minutes. Comment on your partner's paper.

ACADEMIC WRITING

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

Exercising alone is better than exercising with someone. Discuss.

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. EXERCISING: Make a poster about exercising. Show your work to your classmates in the next lesson. Did you all have similar things?

4. COUPLES EXERCISE: Write a magazine article about requiring all couples to exercise together. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on exercising. Ask him/her three questions about it. Give him/her three of your opinions on exercising with other people. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1.	c	2.	d	3.	g	4.	e	5.	a	6.	f	7.	b
8.	k	9.	m	10.	n	11.	j	12.	i	13.	h	14.	l

TRUE / FALSE (p.5)

1	F	2	F	3	T	4	T	5	F	6	T	7	F	8	F

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

1. The USA
2. 1,693
3. Marital issues
4. Problems
5. Significant
6. Couples who exercised separately
7. Resolving marital problems
8. About 60 per cent
9. About 30 per cent
10. In some meaningful way

WORDS IN THE RIGHT ORDER (p.19)

1. The exercise habits of 1,693 young married couples.
2. In particular, the team focused on conflict resolution.
3. The ability to listen to a partner.
4. Exercising together helped couples sort out problems peacefully.
5. He said the effect was small but significant.
6. Compared couples exercising separately with couples exercising together.
7. Be more successful at resolving marital problems.
8. About 60 per cent of spouses in the sample.
9. The difference gave him confidence to say that.
10. It was affecting relationships in some meaningful way.

MULTIPLE CHOICE - QUIZ (p.10)

1.	c	2.	a	3.	b	4.	d	5.	c	6.	b	7.	d	8.	b	9.	b	10.	a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)