

## Including exercise in everyday life healthier than gym

### Level 1

#### 1 Warmer

Which three of these five methods are, in your opinion, the most effective for keeping fit? Tick them. Can you think of any other ways?

- walking for 30 minutes a day
- cleaning your flat or house with a vacuum cleaner
- washing the car
- using the stairs rather than taking the lift
- going to the supermarket

#### 2 Key words

Complete the sentences using these words from the text. The paragraph numbers will help you.

aerobic                      stressed out                      occasionally                      heart disease                      guidelines

1. \_\_\_\_\_ is a serious medical problem with your heart. (para 1)
2. \_\_\_\_\_ are official instructions or advice about how to do something. (para 3)
3. If you are feeling \_\_\_\_\_, you are very tired, worried and unable to relax. (para 3)
4. If you do something \_\_\_\_\_, you do it sometimes but not often or regularly. (para 5)
5. \_\_\_\_\_ exercise is a very active type of exercise that makes your heart and lungs stronger. (para 7)

well-being                      beneficial                      sedentary                      lecturer                      cardiovascular

6. A \_\_\_\_\_ is a teacher at a university. (para 8)
7. \_\_\_\_\_ relates to the heart and blood vessels. (para 8)
8. A \_\_\_\_\_ lifestyle involves a lot of sitting and not much exercise. (para 10)
9. \_\_\_\_\_ is the satisfactory state that someone should be in that involves being happy, healthy and safe. (para 10)
10. If something is \_\_\_\_\_, it has a good effect. (para 10)

#### 3 Find the information

Find the following information in the text as quickly as possible.

1. How many people did the new global study compare?
2. How many countries did the study compare?
3. How much exercise per day do most guidelines recommend?
4. If you sit a lot in your job, how often should you get up for a walk around?
5. If people do 750 minutes of fast walking a week, by what percentage is their risk of premature death reduced?
6. What percentage of the world's population do not meet the physical activity guidelines?

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#### Get up, stand up: including exercise in everyday life healthier than gym, says study

Sarah Boseley

21 September, 2017

- 1 An important new global study says that including physical activity in our everyday lives will better protect us from heart disease and an early death than going to the gym.
- 2 The study found that one in 20 cases of heart disease and one in 12 early deaths around the world could be prevented if people were more active. It compared 130,000 people in 17 countries, from rich countries like Canada and Sweden to some of the poorest, including Bangladesh and Zimbabwe.
- 3 Most guidelines recommend 30 minutes of exercise per day for five days a week. This reduces heart disease and deaths but one to two hours a day is the ideal amount of activity, said the author of the study, Professor Scott Lear. Most people think they cannot include that much activity in their life, he said. "They think 'I'm stressed out and have to make dinner – and then do exercise for two hours!'" he said.
- 4 But the study showed that those people who have the highest activity levels are the people who are active in their everyday working lives. In developing countries, more people still have hard, physical jobs but as they become richer, they become less active. "They stop sweeping the floor and buy a vacuum cleaner," said Lear.
- 5 He does not suggest selling the vacuum cleaner but we could all include more activity in our lives. This is better than occasionally going to the gym or swimming pool. "Sitting for hours is not good for hearts or the physical body," he said. "Getting up every 20 to 30 minutes for a walk around is good for you." He also suggests playing with children in the park rather than just watching them, increasing the walk to work by getting off the tube or bus one stop early and taking the stairs rather than the lift.
- 6 The study found that the more active people were, the lower their risk of heart disease or an early death. "Even a little physical activity helps and if you do lots of physical activity, it helps more," says the study. People who did more than 750 minutes of fast walking per week reduced their risk of an early death by 36%.
- 7 The World Health Organization recommends that adults aged 18–64 years old do at least 150 minutes of aerobic activity a week, as well as muscle strengthening exercises at least two days a week. But almost a quarter (23%) of the world's population do not meet these guidelines.
- 8 The study is the first to compare physical activity and heart disease levels in both rich and poor countries. "The clear results show that exercise is the best medicine we have for reducing the chances of an early death," said Dr James Rudd, a senior lecturer in cardiovascular medicine at the University of Cambridge.
- 9 "There is more heart disease in poorer groups," said John Martin, professor of cardiovascular medicine at University College London. "In the UK, people of a lower social class have more heart disease. Walking is easy and cheap."
- 10 Professor Metin Avkiran of the British Heart Foundation said: "We live very busy but often sedentary lives so including physical activity in our daily routines has never been more important, not only to improve our health but also our well-being. More activity could have an even greater beneficial effect in poorer countries because it is low cost and because of the high level of heart disease in those countries."

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#### 4 Comprehension check

Match the beginnings and endings to make statements about the text.

- |  |  |
|--|--|
| 1. The more active people are, ...                             | a. ... the easiest and cheapest exercise.                                  |
| 2. This study is the first to ...                              | b. ... than occasionally going to the gym.                                 |
| 3. Including more physical activity in your life is better ... | c. ... they become less active.  |
| 4. Adults aged 18–64 should ...                                | d. ... the lower their risk of heart disease or an early death.            |
| 5. Walking is ...  | e. ... compare activity and heart disease in both rich and poor countries. |
| 6. As people become richer, ...                                | f. ... do at least 150 minutes' aerobic exercise a week.                   |

#### 5 Chunks

Rearrange the words to make phrases from the text.

- two to day hours one a
- working everyday their lives
- two least a days week at
- population quarter a world's the of almost
- low its of cost because
- amount activity the of ideal

#### 6 Two-word phrases

Match the words in the left-hand column with the words in the right-hand column to make expressions from the text.

- |               |             |
|---------------|-------------|
| 1. daily      | a. disease  |
| 2. physical   | b. country  |
| 3. heart      | c. routine  |
| 4. vacuum     | d. -being   |
| 5. developing | e. cleaner  |
| 6. well-      | f. activity |

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#### 7 Word stress

Put these words from the text into two groups according to their stress.

routine  
adult

disease  
level

active  
increase (verb)

suggest  
guidelines

reduce  
global

A 0 0	B 0 0

#### 8 Discussion

- Should people do exercise every day? Why? Why not?
- Is healthy eating more important than exercise? Why? Why not?

### Level 1

#### KEY

#### 2 Key words

1. heart disease
2. guidelines
3. stressed out
4. occasionally
5. aerobic
6. lecturer
7. cardiovascular
8. sedentary
9. well-being
10. beneficial

#### 3 Find the information

1. 130,000
2. 17
3. 30 minutes
4. every 20 to 30 minutes
5. 36%
6. 23%

#### 4 Comprehension check

1. d
2. e
3. b
4. f
5. a
6. c

#### 5 Chunks

1. one to two hours a day
2. their everyday working lives
3. at least two days a week
4. almost a quarter of the world's population
5. because of its low cost
6. the ideal amount of activity

#### 6 Two-word phrases

1. c
2. f
3. a
4. e
5. b
6. d

#### 7 Word stress

A 0 0	B 0 0
active	routine
adult*	disease
level	suggest
guidelines	reduce
global	increase

\* This is the usual British English pronunciation, though it is sometimes pronounced with the stress on the second syllable, especially in American English.