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Level 1 – 29th February 2024

Cold weather exercise burns more calories

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

<https://breakingnewsenglish.com/2402/240229-cold-weather-exercise-1.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 0, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise-1.html>

Exercise is important for our health. It lowers the risk of heart disease and helps us to stick to a healthy weight.

Doctors say that exercising in cold weather is good for us. It benefits our physical and mental health. This is because the cold gives our heart a bigger workout. A doctor from New York explained why. She said: "Your heart has to work a little bit harder to pump blood around your body. This can help to boost your endurance over time."

The doctor said the body burns calories at a faster rate when it is cold. She said your body works harder to keep warm, so you use up more calories. Physical activity in the cold boosts our metabolism, which helps us lose weight. Another benefit of exercising in the cold is that natural light helps to reduce our stress. Many people have Seasonal Affective Disorder (S.A.D.). This is a sadness caused by the short, dark days of winter.

Sources: https://www.huffpost.com/entry/exercising-outside-winter-benefits_l_65cd27f2e4b0dd11b911a795
<https://www.msn.com/en-ca/health/other/why-end-of-winter-is-the-perfect-time-to-start-a-fitness-journey-expert-tips/ar-BB1iBuDT>
<https://www.healthday.com/health-news/exercise-and-fitness/cold-weather-running-may-be-even-healthier>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise-1.html>

PARAGRAPH ONE:

- | | |
|-------------------------------------|------------------------|
| 1. Exercise is important | a. bigger workout |
| 2. helps us to stick | b. your body |
| 3. It benefits our physical | c. why |
| 4. the cold gives our heart a | d. your endurance |
| 5. A doctor from New York explained | e. to a healthy weight |
| 6. Your heart has to work a little | f. for our health |
| 7. pump blood around | g. and mental health |
| 8. This can help to boost | h. bit harder |

PARAGRAPH TWO:

- | | |
|---------------------------|------------------------------|
| 1. the body burns | a. our metabolism |
| 2. at a faster | b. to keep warm |
| 3. your body works harder | c. to reduce our stress |
| 4. physical | d. days of winter |
| 5. the cold boosts | e. activity |
| 6. Another benefit | f. calories |
| 7. natural light helps | g. of exercising in the cold |
| 8. the short, dark | h. rate |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise-1.html>

Exercise (1) _____ our health. It lowers the risk of heart disease and helps (2) _____ to a healthy weight. Doctors say that exercising in cold weather is good for us. It (3) _____ and mental health. This is because the cold gives our heart (4) _____. A doctor from New York explained why. She said: "Your heart has to work a little bit (5) _____ blood around your body. This can help (6) _____ endurance over time."

The doctor said the body burns calories at (7) _____ when it is cold. She said your body works harder to keep warm, so you (8) _____ calories. Physical activity in the (9) _____ metabolism, which helps (10) _____. Another benefit of exercising in the cold is (11) _____ helps to reduce our stress. Many people have Seasonal Affective Disorder (S.A.D.). This is a sadness caused by the short, dark (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise-1.html>

Exercise is important for our health. It lowers the risk of heart disease and helps us to stick to a healthy weight. Doctors say that exercising in cold weather is good for us. It benefits our physical and mental health. This is because the cold gives our heart a bigger workout. A doctor from New York explained why. She said: "Your heart has to work a little bit harder to pump blood around your body. This can help to boost your endurance over time." The doctors said the body burns calories at a fast rate when it is cold. She said your body works harder to keep warm, so you use up more calories. Physical activity in the cold boosts our metabolism, which helps us lose weight. Another benefit of exercising in the cold is that natural light helps to reduce our stress. Many people have Seasonal Affective Disorder (S.A.D.). This is a sadness caused by the short, dark days of winter.

COLD-WEATHER EXERCISE SURVEY

From <https://breakingnewsenglish.com/2402/240229-cold-weather-exercise-4.html>

Write five GOOD questions about cold-weather exercise 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) _____

