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**Level 1** – 23rd May 2024

## Cycling is good for your knees, says study

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

<https://breakingnewsenglish.com/2405/240523-cycling-and-knees-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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# THE READING

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees-1.html>

Cycling keeps us fit and healthy. It is good for our heart and our mental health. A surprising benefit of cycling is it is good for our knees. A new study says cyclists have less knee pain when they get older. Researchers looked at 2,600 people, with an average age of 64. They asked the people about their physical activity. They also took X-rays of the people's knees. The researchers checked the X-rays for signs of arthritis in the knees.

Researcher Dr Grace Lo was surprised by the research. She said cyclists were 21 per cent less likely to have a joint problem in their knees called osteoarthritis. This happens when we use our joints a lot. The joints wear out and become painful. Osteoarthritis usually starts when people are in their fifties. Dr Lo said cycling was a great way of stopping arthritis. A lot of research shows that cyclists are 20 per cent less likely to die too early.

Sources: <https://nypost.com/2024/05/20/lifestyle/cycling-could-help-you-live-longer-and-reduce-knee-pain/>  
<https://www.nprillinois.org/2024-05-20/like-to-bike-your-knees-will-thank-you-and-you-may-live-longer-too>  
<https://medicalxpress.com/news/2024-05-biking-revealed-knee-pain-life.html>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees-1.html>

## PARAGRAPH ONE:

- |                             |                       |
|-----------------------------|-----------------------|
| 1. Cycling keeps            | a. pain               |
| 2. It is good               | b. of 64              |
| 3. A surprising benefit     | c. get older          |
| 4. cyclists have less knee  | d. for our heart      |
| 5. when they                | e. signs of arthritis |
| 6. an average age           | f. the people's knees |
| 7. They also took X-rays of | g. us keep fit        |
| 8. checked the X-rays for   | h. of cycling         |

## PARAGRAPH TWO:

- |                                   |                       |
|-----------------------------------|-----------------------|
| 1. surprised by the               | a. become painful     |
| 2. cyclists were 21 per cent less | b. too early          |
| 3. a joint problem                | c. likely to          |
| 4. This happens when we use       | d. stopping arthritis |
| 5. The joints wear out and        | e. research           |
| 6. when people are in             | f. in their knees     |
| 7. a great way of                 | g. their fifties      |
| 8. less likely to die             | h. our joints a lot   |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees-1.html>

Cycling (1) \_\_\_\_\_ and healthy. It is good for our heart and our mental health. A surprising (2) \_\_\_\_\_ is it is good for our knees. A new study says cyclists have (3) \_\_\_\_\_ when they get older. Researchers looked at 2,600 people, (4) \_\_\_\_\_ age of 64. They asked the people about (5) \_\_\_\_\_. They also took X-rays of the people's knees. The researchers checked (6) \_\_\_\_\_ signs of arthritis in the knees.

Researcher Dr Grace Lo was (7) \_\_\_\_\_ research. She said cyclists were 21 per cent (8) \_\_\_\_\_ have a joint problem in their knees called osteoarthritis. This happens when we use our (9) \_\_\_\_\_. The joints wear out and become painful. Osteoarthritis (10) \_\_\_\_\_ people are (11) \_\_\_\_\_. Dr Lo said cycling was a great way of stopping arthritis. A lot of research shows that cyclists are 20 per cent less likely to (12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees-1.html>

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# CYCLING SURVEY

From <https://breakingnewsenglish.com/2405/240523-cycling-and-knees-4.html>

Write five GOOD questions about cycling 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) \_\_\_\_\_

