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Level 4 – 24th February 2025

Teens increasingly worried about muscle size

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<https://breakingnewsenglish.com/2502/250224-bigorexismuscle-dysmorphia-4.html>

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Please try Levels 5 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2502/250224-bigorexia-muscle-dysmorphia-4.html>

A study says more young people are becoming obsessed with their muscle size. This obsession is a mental health condition. It is called "bigorexia". An eating disorder therapist said: "Bigorexia is a psychological condition...which involves a distorted self-image that focuses specifically on muscle size." Sufferers get stressed over their lack of muscularity. Bigorexia can affect those who work out regularly and have the physique of a bodybuilder.

Researchers said bigorexia was rising in teenagers and people in their twenties. The therapist said many factors cause young people to worry about their body shape. She said: "People with low self-esteem...or obsessive-compulsive tendencies are more vulnerable." Social media may add to this problem. Youngsters are flooded with images of people with the "perfect" body. Another cause may be the marketing of muscle-building supplements.

Sources: <https://www.consumeraffairs.com/news/bigorexia-fear-of-small-muscles-widespread-among-younger-consumers-022025.html>
<https://edition.cnn.com/2025/02/19/health/muscle-dysmorphia-supplements-wellness/index.html>
https://www.huffpost.com/entry/bigorexia-is-on-the-rise-heres-what-parents-should-know-ano_l_67ae1db6e4b0082a14429e94

PHRASE MATCHING

From <https://breakingnewsenglish.com/2502/250224-bigorexia-muscle-dysmorphia-4.html>

PARAGRAPH ONE:

- | | |
|---------------------------------|---------------------|
| 1. young people are becoming | a. bodybuilder |
| 2. This obsession is a mental | b. condition |
| 3. An eating disorder | c. of muscularity |
| 4. Bigorexia is a psychological | d. image |
| 5. a distorted self- | e. out regularly |
| 6. get stressed over their lack | f. therapist |
| 7. affect those who work | g. obsessed |
| 8. have the physique of a | h. health condition |

PARAGRAPH TWO:

- | | |
|------------------------------|---------------------|
| 1. people in | a. be the marketing |
| 2. People with low self- | b. to this problem |
| 3. obsessive-compulsive | c. supplements |
| 4. Social media may add | d. esteem |
| 5. Youngsters are flooded | e. body |
| 6. people with the "perfect" | f. their twenties |
| 7. Another cause may | g. with images |
| 8. muscle-building | h. tendencies |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2502/250224-bigorexia-muscle-dysmorphia-4.html>

A study says more young people are (1) _____ their muscle size. This obsession is a (2) _____. It is called "bigorexia". An (3) _____ said: "Bigorexia is a psychological condition...which involves a distorted self-image that focuses specifically on muscle size." Sufferers get stressed over their (4) _____. Bigorexia can affect those who (5) _____ and have the (6) _____ bodybuilder.

Researchers said bigorexia was rising in teenagers and people (7) _____. The therapist said many factors cause young people to worry about (8) _____. She said: "People with (9) _____...or obsessive-compulsive tendencies (10) _____." Social media may add to this problem. Youngsters are (11) _____ of people with the "perfect" body. Another cause may be (12) _____ muscle-building supplements.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2502/250224-bigorexia-muscle-dysmorphia-4.html>

Astudysaysmoreyoungpeoplearebecomingobsessedwiththeirmuscle size. Thisobsessionisamentalhealthcondition. Itiscalled"bigorexia".

Aneatingdisordertherapistsaid:"Bigorexiaisapsychologicalcondition ...whichinvolvesadistortedself-image thatfocusesspecificallyonmuscle size."Sufferersgetstressedovertheirlackofmuscularity. Bigorexia canaffectthosewhoworkoutregularlyandhavethephysiqueofabodybuilder. Researcherssaidbigorexiawasrisinginteensandpeopleintheirtwenties. Thetherapistsaidmanyfactorscauseyoungpeopletoworryabouttheirbodyshape. Shesaid:"Peoplewithlowself-esteem...orobsessive-compulsivetendenciesaremorevulnerable."Socialmediamayaddtothisproblem. Youngstersarefloodedwithimagesofpeoplewiththe"perfect"body. Anothercausemaybethemarketingofmuscle-building supplements.

MUSCLES SURVEY

From <https://breakingnewsenglish.com/2502/250224-bigorexia-muscle-dysmorphia-4.html>

Write five GOOD questions about muscles 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) _____

