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**Level 6 – 24th February 2025**

## Teens increasingly worried about muscle size

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

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

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

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# THE ARTICLE

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

A study from the University of Toronto suggests growing numbers of young people are becoming obsessed with the size of their muscles. This obsession is a mental health condition called muscle dysmorphia, also known as "bigorexia". Kara Becker, a certified eating disorder therapist, spoke to the HuffPost website about the affliction. She said: "Bigorexia is a psychological condition...which involves a distorted self-image that focuses specifically on muscle size and physical appearance." Sufferers can experience extreme distress over their perceived lack of muscularity. Bigorexia can afflict even those who work out regularly and have the physique of a bodybuilder.

Researchers said muscle dysmorphia was rising in teenagers and people in their twenties. The study stated that up to a quarter of men and 10 per cent of women in their research could suffer from bigorexia. Ms Becker said a variety of factors can cause young people to worry about their body shape. She said: "People with low self-esteem, perfectionism, or obsessive-compulsive tendencies are more vulnerable to developing this disorder." Social media may be a factor in exacerbating the problem. Youngsters can be overwhelmed with images of people with the "perfect" body. Another cause may be the aggressive marketing of muscle-building supplements and anabolic steroids.

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](https://www.huffpost.com/entry/bigorexia-is-on-the-rise-heres-what-parents-should-know-ano_l_67ae1db6e4b0082a14429e94)

# WARM-UPS

**1. MUSCLES:** Students walk around the class and talk to other students about muscles. 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?

young people / muscles / mental health / disorder / self-image / distress / physique / body shape / self-esteem / perfectionism / obsessive / the perfect body / steroids

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

**3. BIG MUSCLES:** Students A **strongly** believe big muscles are not important; Students B **strongly** believe otherwise. Change partners again and talk about your conversations.

**4. OBSESSIONS:** What do you think of these obsessions? How can we help people with these obsessions Complete this table with your partner(s). Change partners often and share what you wrote.

	What I Think	Help
Physique		
Cleanliness		
Money		
Counting		
Fame		
Social media likes		

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

**6. PERFECTION:** Rank these with your partner. Put the hardest thing to be perfect at the top. Change partners often and share your rankings.

- The perfect body
- The perfect job
- The perfect partner
- The perfect lifestyle
- The perfect home
- The perfect vacation
- The perfect family
- Perfect health

# VOCABULARY MATCHING

## Paragraph 1

- |              |   |
|--------------|---|
| 1. obsession | a. A problem with the body or mind that makes life difficult.       |
| 2. disorder  | b. A very strong feeling of worry, sadness, or pain.                |
| 3. distorted | c. The shape and size of a person's body.                           |
| 4. distress  | d. Not normal or changed in a wrong way.                            |
| 5. sufferers | e. How something seems or looks to someone, even if it is not true. |
| 6. perceived | f. When you think about something all the time and cannot stop.     |
| 7. physique  | g. People who have a problem or illness.                            |

## Paragraph 2

- |                  |   |
|------------------|---|
| 8. dysmorphia    | h. How good or bad you feel about yourself.                               |
| 9. self-esteem   | i. Feeling like you must do something, even if you don't want to.         |
| 10. compulsive   | j. Strong medicine or chemicals that can make muscles grow bigger.        |
| 11. tendencies   | k. Easily hurt or affected by something.                                  |
| 12. vulnerable   | l. Ways a person often behaves or feels.                                  |
| 13. exacerbating | m. A strong worry that part of your body looks bad, even if it is normal. |
| 14. steroids     | n. Making a problem worse.  |

# BEFORE READING / LISTENING

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

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

1. Many students at the University of Toronto are worried about muscles. **T / F**
2. Being obsessed with muscle size is called "bigorexia". **T / F**
3. A therapist said bigorexia was a physical condition. **T / F**
4. Bodybuilders never have bigorexia. **T / F**
5. Bigorexia is rising faster in teens than in people in their twenties. **T / F**
6. More women than men suffer from muscle dysmorphia. **T / F**
7. People with low self-esteem are more likely to suffer from bigorexia. **T / F**
8. Young people can see too many online images of "perfect" bodies. **T / F**

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

- |                       |                 |
|-----------------------|-----------------|
| <b>1. obsessed</b>    | a. twisted      |
| <b>2. condition</b>   | b. regard       |
| <b>3. therapist</b>   | c. illness      |
| <b>4. distorted</b>   | d. adjudged     |
| <b>5. perceived</b>   | e. forceful     |
| <b>6. variety</b>     | f. preoccupied  |
| <b>7. esteem</b>      | g. assortment   |
| <b>8. tendencies</b>  | h. swamped      |
| <b>9. overwhelmed</b> | i. counsellor   |
| <b>10. aggressive</b> | j. inclinations |

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

- |                                       |                          |
|---------------------------------------|--------------------------|
| 1. obsessed with the                  | a. tendencies            |
| 2. a certified eating disorder        | b. of muscularity        |
| 3. Bigorexia is a psychological       | c. of a bodybuilder      |
| 4. distress over their perceived lack | d. with images           |
| 5. have the physique                  | e. steroids              |
| 6. People with low self-              | f. therapist             |
| 7. obsessive-compulsive               | g. marketing             |
| 8. overwhelmed                        | h. esteem                |
| 9. aggressive                         | i. size of their muscles |
| 10. anabolic                          | j. condition             |

# GAP FILL

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

A study from the University of Toronto suggests growing numbers of young people are becoming (1) \_\_\_\_\_ with the size of their muscles. This obsession is a mental health condition called muscle dysmorphia, also (2) \_\_\_\_\_ as "bigorexia". Kara Becker, a certified eating disorder (3) \_\_\_\_\_, spoke to the HuffPost website about the (4) \_\_\_\_\_. She said: "Bigorexia is a psychological condition...which involves a (5) \_\_\_\_\_ self-image that focuses specifically on muscle size and physical appearance." Sufferers can experience (6) \_\_\_\_\_ distress over their perceived (7) \_\_\_\_\_ of muscularity. Bigorexia can afflict even those who work out regularly and have the (8) \_\_\_\_\_ of a bodybuilder.

*therapist*  
*distorted*  
*obsessed*  
*lack*  
*affliction*  
*physique*  
*known*  
*extreme*

Researchers said muscle dysmorphia was (9) \_\_\_\_\_ in teenagers and people in their twenties. The study stated that up to a quarter of men and 10 per cent of women in their research could (10) \_\_\_\_\_ from bigorexia. Ms Becker said a (11) \_\_\_\_\_ of factors can cause young people to worry about their body shape. She said: "People with low self- (12) \_\_\_\_\_, perfectionism, or obsessive-compulsive tendencies are more (13) \_\_\_\_\_ to developing this disorder." Social media may be a factor in (14) \_\_\_\_\_ the problem. Youngsters can be overwhelmed with images of people with the "perfect" body. Another cause may be the (15) \_\_\_\_\_ marketing of muscle-building supplements and (16) \_\_\_\_\_ steroids.

*variety*  
*vulnerable*  
*anabolic*  
*rising*  
*exacerbating*  
*esteem*  
*suffer*  
*aggressive*

# LISTENING – Guess the answers. Listen to check.

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

- 1) growing numbers of young people \_\_\_\_\_
  - a. are becoming obsess
  - b. are become in obsessed
  - c. are becoming obsession
  - d. are becoming obsessed
- 2) a mental health condition called muscle dysmorphia, also \_\_\_\_\_
  - a. known as "bigorexia"
  - b. noun was "bigorexia"
  - c. known has "bigorexia"
  - d. knowing as "bigorexia"
- 3) a certified eating disorder therapist spoke to the HuffPost website \_\_\_\_\_
  - a. about the affection
  - b. about the affliction
  - c. about the afflicted
  - d. about the reflection
- 4) Sufferers can experience extreme distress over their perceived \_\_\_\_\_
  - a. lick of muscularity
  - b. luck of muscularity
  - c. lake of muscularity
  - d. lack of muscularity
- 5) Bigorexia can afflict even those who work out regularly and \_\_\_\_\_
  - a. have the physically
  - b. have the physical
  - c. have the physics
  - d. have the physique
- 6) Researchers said muscle dysmorphia was rising in teenagers and people \_\_\_\_\_
  - a. in them twenties
  - b. in their twenties
  - c. in there twenties
  - d. in they twenties
- 7) People with low self-esteem, perfectionism, or \_\_\_\_\_
  - a. regressive-compulsive tendencies
  - b. obsessive-impulsive tendencies
  - c. obsessive-compulsive tendencies
  - d. regressive-impulsive tendencies
- 8) Social media may be a factor in \_\_\_\_\_
  - a. exacerbating the problem
  - b. excavating the problem
  - c. accelerating the problem
  - d. eviscerating the problem
- 9) Youngsters can be overwhelmed with images of people with \_\_\_\_\_
  - a. the "prefect" bodied
  - b. the "parfait" body
  - c. the "perfect" bodily
  - d. the "perfect" body
- 10) Another cause may be the aggressive marketing of \_\_\_\_\_
  - a. muscle-building supplants
  - b. muscle-building supple mints
  - c. muscle-building supplements
  - d. muscle-building supplementary

# LISTENING – Listen and fill in the gaps

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

A study from the University of Toronto (1) \_\_\_\_\_ of young people are becoming (2) \_\_\_\_\_ size of their muscles. This obsession is a mental health condition called muscle dysmorphia, also known as "bigorexia". Kara Becker, a certified (3) \_\_\_\_\_, spoke to the HuffPost website about the affliction. She said: "Bigorexia is a psychological condition...which involves a (4) \_\_\_\_\_ that focuses specifically on muscle size and physical appearance." Sufferers can (5) \_\_\_\_\_ over their perceived lack of muscularity. Bigorexia can afflict even those who work out regularly and have the (6) \_\_\_\_\_ bodybuilder.

Researchers said muscle dysmorphia was (7) \_\_\_\_\_ and people in their twenties. The study stated that up to a quarter of men and 10 per cent of women in their research could suffer from bigorexia. Ms Becker said a (8) \_\_\_\_\_ can cause young people to worry about their body shape. She said: "People with (9) \_\_\_\_\_, perfectionism, or obsessive-compulsive tendencies are more vulnerable to developing this disorder." Social media may be a (10) \_\_\_\_\_ the problem. Youngsters can (11) \_\_\_\_\_ images of people with the "perfect" body. Another cause may be the aggressive marketing of muscle-building (12) \_\_\_\_\_ steroids.



# COMPREHENSION QUESTIONS

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

1. Where is the study from?
2. What is muscle dysmorphia also known as?
3. What is Kara Beckler's job?
4. What is distorted in muscle dysmorphia sufferers?
5. What do muscle dysmorphia sufferers think they lack?
6. How many men in the research could have muscle dysmorphia?
7. What is low in people with muscle dysmorphia?
8. What might exacerbate the problem of muscle dysmorphia?
9. What do people have in the images young people are overwhelmed with?
10. What is marketed aggressively besides muscle-building supplements?

# MULTIPLE CHOICE - QUIZ

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

- 1) Where is the study from?
  - a) the University of Torino
  - b) the University of Toledo
  - c) the University of Toronto
  - d) the University of Trent
- 2) What is muscle dysmorphia also known as?
  - a) bigorexia
  - b) bigophoria
  - c) bigophobia
  - d) bigness
- 3) What is Kara Beckler's job?
  - a) a gym trainer
  - b) a certified eating disorder therapist
  - c) a muscle expert
  - d) a bodybuilder
- 4) What is distorted in muscle dysmorphia sufferers?
  - a) the mind
  - b) muscle mass
  - c) self-belief
  - d) self-image
- 5) What do muscle dysmorphia sufferers think they lack?
  - a) good looks
  - b) confidence
  - c) muscularity
  - d) strength
- 6) How many men in the research could have muscle dysmorphia?
  - a) up to a tenth
  - b) up to a quarter
  - c) up to two fifths
  - d) up to five eighths
- 7) What is low in people with muscle dysmorphia?
  - a) white blood cell count
  - b) fitness
  - c) muscle mass
  - d) self-esteem
- 8) What might exacerbate the problem of muscle dysmorphia?
  - a) too much protein
  - b) social media
  - c) exercise
  - d) tendencies
- 9) What do people have in the images young people are overwhelmed with?
  - a) huge muscles
  - b) the perfect body
  - c) no muscles
  - d) suntans
- 10) What is marketed aggressively besides muscle-building supplements?
  - a) anabolic steroids
  - b) diabolical studs
  - c) rhetorical standards
  - d) dynamic thyroids

# ROLE PLAY

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

## **Role A – The Perfect Body**

You think the perfect body is the most difficult thing to be get. Tell the others three reasons why. Tell them why their things are easier to get. Also, tell the others which is the easiest of these (and why): the perfect job, the perfect lifestyle or perfect health.

## **Role B – The Perfect Job**

You think the perfect job is the most difficult thing to be get. Tell the others three reasons why. Tell them why their things are easier to get. Also, tell the others which is the easiest of these (and why): the perfect body, the perfect lifestyle or perfect health.

## **Role C – The Perfect Lifestyle**

You think the perfect lifestyle is the most difficult thing to be get. Tell the others three reasons why. Tell them why their things are easier to get. Also, tell the others which is the easiest of these (and why): the perfect job, the perfect body or perfect health.

## **Role D – Perfect Health**

You think perfect health is the most difficult thing to be get. Tell the others three reasons why. Tell them why their things are easier to get. Also, tell the others which is the easiest of these (and why): the perfect job, the perfect lifestyle or the perfect body.

# AFTER READING / LISTENING

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

**1. WORD SEARCH:** Look online / in your dictionary to find collocates, information on, synonyms for... the words 'teens' and 'muscle'.

<b>teens</b>	<b>muscle</b>
--------------	---------------

- 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:

<ul style="list-style-type: none"><li>• suggests</li><li>• becoming</li><li>• certified</li><li>• involves</li><li>• experience</li><li>• work</li></ul>	<ul style="list-style-type: none"><li>• rising</li><li>• quarter</li><li>• variety</li><li>• low</li><li>• factor</li><li>• images</li></ul>
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# MUSCLES SURVEY

From <https://breakingnewsenglish.com/2502/250224-biqorexia-muscle-dysmorphia.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.

# MUSCLES 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 'teen'?
3. What do you think of muscles?
4. What do you know about muscles?
5. How happy are you with your body shape?
6. Would you like bigger muscles?
7. Why are some people obsessed about muscles?
8. What advice do you have for people with bigorexia?
9. What do you know about eating disorders?
10. What do you think of bodybuilders?

*Teens increasingly worried about muscle size – 24th February 2025*  
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# MUSCLES 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 'muscle'?
13. What do you think about what you read?
14. Why do you think muscle dysmorphia is rising?
15. How important is perfectionism to you?
16. Do you have any obsessive-compulsive tendencies?
17. How is social media affecting people's opinions of body shape?
18. What do you think of the 'perfect' body?
19. What do you think of aggressive marketing?
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/2502/250224-bigorexia-muscle-dysmorphia.html>

A study from the University of Toronto (1) \_\_\_\_\_ growing numbers of young people are becoming obsessed with the size of their muscles. This (2) \_\_\_\_\_ is a mental health condition called muscle dysmorphia, also known as "bigorexia". Kara Becker, a (3) \_\_\_\_\_ eating disorder therapist, spoke to the HuffPost website about the affliction. She said: "Bigorexia is a psychological condition...which (4) \_\_\_\_\_ a distorted self-image that focuses specifically on muscle size and physical appearance." Sufferers can experience extreme distress over their perceived lack (5) \_\_\_\_\_ muscularity. Bigorexia can afflict even those who work out regularly and have the (6) \_\_\_\_\_ of a bodybuilder.

Researchers said muscle dysmorphia was (7) \_\_\_\_\_ in teenagers and people in their twenties. The study stated that up to a quarter of men and 10 per cent of women in their research could suffer from bigorexia. Ms Becker said a (8) \_\_\_\_\_ of factors can cause young people to worry about their body shape. She said: "People with low self-(9) \_\_\_\_\_, perfectionism, or obsessive-compulsive tendencies are more vulnerable (10) \_\_\_\_\_ developing this disorder." Social media may be a factor in exacerbating the problem. Youngsters can be overwhelmed (11) \_\_\_\_\_ images of people with the "perfect" body. Another cause may be the aggressive marketing of muscle-building supplements and anabolic (12) \_\_\_\_\_.

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

- |     |                |                |               |                |
|-----|----------------|----------------|---------------|----------------|
| 1.  | (a) suggestive | (b) suggest    | (c) suggests  | (d) suggestion |
| 2.  | (a) obsession  | (b) obsessed   | (c) obsessive | (d) obsess     |
| 3.  | (a) certified  | (b) diploma    | (c) test      | (d) graduation |
| 4.  | (a) involves   | (b) revolves   | (c) devolves  | (d) solves     |
| 5.  | (a) to         | (b) in         | (c) at        | (d) of         |
| 6.  | (a) physician  | (b) physically | (c) physics   | (d) physique   |
| 7.  | (a) rising     | (b) arisen     | (c) rose      | (d) arising    |
| 8.  | (a) varied     | (b) various    | (c) vary      | (d) variety    |
| 9.  | (a) esteem     | (b) steamy     | (c) steamed   | (d) streaming  |
| 10. | (a) of         | (b) to         | (c) at        | (d) on         |
| 11. | (a) at         | (b) with       | (c) as        | (d) in         |
| 12. | (a) steroids   | (b) thyroid    | (c) voids     | (d) avoids     |



# SPELLING

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

## Paragraph 1

1. young people are becoming bosedses
2. a citfreeid eating disorder therapist
3. spoke to the HuffPost website about the ifilcotanf
4. a stidoertd self-image
5. their ceeevdrpi lack of muscularity
6. the ihqsypue of a bodybuilder

## Paragraph 2

7. obsessive-compulsive tcnedenesi
8. more beulrevlan to developing this disorder
9. a factor in ctnxgeaiaerb the problem
10. eevwrhdlome with images of people
11. marketing of muscle-building semulepptsn
12. anabolic ditseors

# PUT THE TEXT BACK TOGETHER

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

**Number these lines in the correct order.**

- ( ) from bigorexia. Ms Becker said a variety of factors can cause young people to worry about their body
- ( ) Researchers said muscle dysmorphia was rising in teenagers and people in their
- ( **1** ) A study from the University of Toronto suggests growing numbers of young people are becoming obsessed
- ( ) distress over their perceived lack of muscularity. Bigorexia can afflict even those who work
- ( ) twenties. The study stated that up to a quarter of men and 10 per cent of women in their research could suffer
- ( ) with the size of their muscles. This obsession is a mental health condition called muscle dysmorphia, also known
- ( ) self-image that focuses specifically on muscle size and physical appearance." Sufferers can experience extreme
- ( ) in exacerbating the problem. Youngsters can be overwhelmed with images of people with the "perfect" body. Another
- ( ) out regularly and have the physique of a bodybuilder.
- ( ) as "bigorexia". Kara Becker, a certified eating disorder therapist, spoke to the HuffPost website about the
- ( ) cause may be the aggressive marketing of muscle-building supplements and anabolic steroids.
- ( ) shape. She said: "People with low self-esteem, perfectionism, or obsessive-compulsive
- ( ) tendencies are more vulnerable to developing this disorder." Social media may be a factor
- ( ) affliction. She said: "Bigorexia is a psychological condition...which involves a distorted

# PUT THE WORDS IN THE RIGHT ORDER

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

1. becoming numbers young of people are obsessed . Growing
2. A called condition dysmorphia . health muscle mental
3. self-image that muscle distorted on size . focuses A
4. over distress their lack of Extreme muscularity . perceived
5. can out . even afflict those who work Bigorexia
6. said in was rising dysmorphia muscle Researchers teenagers .
7. people their body . young to about Cause worry
8. vulnerable developing more this Be disorder . to
9. is exacerbating a in factor media this . Social
10. of aggressive The marketing steroids . and supplements

# CIRCLE THE CORRECT WORD (20 PAIRS)

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

A study from the University of Toronto suggests *grown* / *growing* numbers of young people are becoming obsessed *as* / *with* the size of their *muscular* / *muscles*. This obsession is a mental *health* / *healthy* condition called muscle dysmorphia, also known *was* / *as* "bigorexia". Kara Becker, a certified eating disorder therapist, spoke to the HuffPost website about the *affection* / *affliction*. She said: "Bigorexia is a psychological condition...which involves a distorted self-image *what* / *that* focuses specifically on muscle size and physical appearance." Sufferers can experience extreme *distress* / *destress* over their perceived lack of muscularity. Bigorexia can *afflict* / *conflict* even those who work out regularly and have the *physique* / *physics* of a bodybuilder.

Researchers said muscle dysmorphia was *risen* / *rising* in teenagers and people in their *twenty* / *twenties*. The study stated that up to a *quartile* / *quarter* of men and 10 per cent of women in their research could suffer from bigorexia. Ms Becker said a variety *of* / *on* factors can cause young people to worry about *their* / *that* body shape. She said: "People with *high* / *low* self-esteem, perfectionism, or obsessive-compulsive tendencies are *much* / *more* vulnerable to developing this disorder." Social media may be a factor *on* / *in* exacerbating the problem. Youngsters can be overwhelmed with images of people with the "*prefect*" / "*perfect*" body. Another cause may be the aggressive marketing of muscle-building *supplements* / *compliments* and anabolic steroids.

**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/2502/250224-bigorexia-muscle-dysmorphia.html>

\_ st\_dy fr\_m th\_ \_n\_v\_rs\_ty \_f T\_r\_nt\_ s\_gg\_sts  
gr\_w\_ng n\_mb\_rs \_f y\_\_ng p\_\_pl\_ \_r\_ b\_c\_m\_ng  
\_bs\_ss\_d w\_th th\_ s\_z\_ \_f th\_\_r m\_scl\_s. Th\_s  
\_bs\_ss\_\_n \_s \_ m\_nt\_l h\_\_lth c\_nd\_t\_\_n c\_ll\_d m\_scl\_  
dysm\_rph\_\_, \_ls\_ kn\_wn \_s "b\_g\_r\_x\_\_". K\_r\_ B\_ck\_r,  
\_ c\_rt\_f\_\_d \_\_t\_ng d\_s\_r\_d\_r th\_r\_p\_st, sp\_k\_ t\_ th\_  
H\_ffP\_st w\_bs\_t\_ \_b\_\_t th\_ \_ffl\_ct\_\_n. Sh\_ s\_\_d:  
"B\_g\_r\_x\_\_ \_s \_ psych\_l\_g\_c\_l c\_nd\_t\_\_n...wh\_ch  
\_nv\_lv\_s \_ d\_st\_rt\_d s\_lf-\_m\_g\_ th\_t f\_c\_s\_s  
sp\_c\_f\_c\_lly \_n m\_scl\_ s\_z\_ \_nd phys\_c\_l \_pp\_\_r\_nc\_."  
S\_ff\_r\_rs c\_n \_xp\_r\_\_nc\_ \_xtr\_m\_ d\_str\_ss \_v\_r th\_\_r  
p\_rc\_\_v\_d l\_ck \_f m\_sc\_l\_r\_ty. B\_g\_r\_x\_\_ c\_n \_ffl\_ct  
\_v\_n th\_s\_ wh\_ w\_rk \_\_t r\_g\_l\_rly \_nd h\_v\_ th\_  
phys\_q\_\_ \_f \_ b\_dyb\_\_ld\_r.

R\_s\_\_rch\_rs s\_\_d m\_scl\_ dysm\_rph\_\_ w\_s r\_s\_ng \_n  
t\_\_n\_g\_rs \_nd p\_\_pl\_ \_n th\_\_r tw\_nt\_\_s. Th\_ st\_dy  
st\_t\_d th\_t \_p t\_ \_ q\_\_rt\_r \_f m\_n \_nd 10 p\_r c\_nt  
\_f w\_m\_n \_n th\_\_r r\_s\_\_rch c\_\_ld s\_ff\_r fr\_m  
b\_g\_r\_x\_\_. Ms B\_ck\_r s\_\_d \_ v\_r\_\_ty \_f f\_ct\_rs c\_n  
c\_\_s\_ y\_\_ng p\_\_pl\_ t\_ w\_rry \_b\_\_t th\_\_r b\_dy sh\_p\_.  
Sh\_ s\_\_d: "P\_\_pl\_ w\_th l\_w s\_lf-\_st\_\_m, p\_rf\_ct\_\_n\_sm,  
\_r \_bs\_ss\_v\_-c\_mpl\_s\_v\_ t\_nd\_nc\_\_s \_r\_ m\_r\_  
v\_ln\_r\_bl\_ t\_ d\_v\_l\_p\_ng th\_s d\_s\_r\_d\_r." S\_c\_\_l m\_d\_\_  
m\_y b\_ \_ f\_ct\_r \_n \_x\_c\_r\_b\_t\_ng th\_ pr\_bl\_m.  
Y\_\_ngst\_rs c\_n b\_ \_v\_rwh\_lm\_d w\_th \_m\_g\_s \_f p\_\_pl\_  
w\_th th\_ "p\_rf\_ct" b\_dy. \_n\_th\_r c\_\_s\_ m\_y b\_ th\_  
\_ggr\_ss\_v\_ m\_rk\_t\_ng \_f m\_scl\_-b\_\_ld\_ng s\_ppl\_m\_nts  
\_nd \_n\_b\_l\_c st\_r\_\_ds.

# PUNCTUATE THE TEXT AND ADD CAPITALS

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

a study from the university of toronto suggests growing numbers of young people are becoming obsessed with the size of their muscles this obsession is a mental health condition called muscle dysmorphia also known as bigorexia kara becker a certified eating disorder therapist spoke to the huffpost website about the affliction she said bigorexia is a psychological condition which involves a distorted selfimage that focuses specifically on muscle size and physical appearance sufferers can experience extreme distress over their perceived lack of muscularity bigorexia can afflict even those who work out regularly and have the physique of a bodybuilder

researchers said muscle dysmorphia was rising in teenagers and people in their twenties the study stated that up to a quarter of men and 10 per cent of women in their research could suffer from bigorexia ms becker said a variety of factors can cause young people to worry about their body shape she said people with low selfesteem perfectionism or obsessivecompulsive tendencies are more vulnerable to developing this disorder social media may be a factor in exacerbating the problem youngsters can be overwhelmed with images of people with the perfect body another cause may be the aggressive marketing of musclebuilding supplements and anabolic steroids

# PUT A SLASH ( / ) WHERE THE SPACES ARE

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

A study from the University of Toronto suggests growing numbers of young people are becoming obsessed with the size of their muscles. This obsession is a mental health condition called muscle dysmorphia, also known as "bigorexia". Kara Becker, a certified eating disorder therapist, spoke to the HuffPost website about the affliction. She said: "Bigorexia is a psychological condition... which involves a distorted self-image that focuses specifically on muscle size and physical appearance." Sufferers can experience extreme distress over their perceived lack of muscularity. Bigorexia can afflict even those who workout regularly and have the physique of a bodybuilder. Researchers said muscle dysmorphia was rising in teenagers and people in their twenties. The study stated that up to a quarter of men and 10 percent of women in their research could suffer from bigorexia. Ms Becker said a variety of factors can cause young people to worry about their body shape. She said: "People with low self-esteem, perfectionism, or obsessive-compulsive tendencies are more vulnerable to developing this disorder." Social media may be a factor in exacerbating the problem. Youngsters can be overwhelmed with images of people with the "perfect" body. Another cause may be the aggressive marketing of muscle-building supplements and anabolic steroids.







# 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. MUSCLES:** Make a poster about muscles. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. PERFECT BODY:** Write a magazine article about banning adverts using images of the "perfect" body. 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 muscles. Ask him/her three questions about them. Give him/her three of your opinions on big muscles. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

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

## TRUE / FALSE (p.5)

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

## SYNONYM MATCH (p.5)

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

## COMPREHENSION QUESTIONS (p.9)

1. The University of Toronto
2. Bigorexia
3. She's a certified eating disorder therapist
4. Self-image
5. Muscularity
6. Up to a quarter
7. Self-esteem
8. Social media
9. The "perfect" body
10. Anabolic steroids

## WORDS IN THE RIGHT ORDER (p.19)

1. Growing numbers of young people are becoming obsessed.
2. A mental health condition called muscle dysmorphia.
3. A distorted self-image that focuses on muscle size.
4. Extreme distress over their perceived lack of muscularity.
5. Bigorexia can afflict even those who work out.
6. Researchers said muscle dysmorphia was rising in teenagers.
7. Cause young people to worry about their body.
8. Be more vulnerable to developing this disorder.
9. Social media is a factor in exacerbating this.
10. The aggressive marketing of supplements and steroids.

## 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 ;-)