Become a Better Language Teacher

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the ARTICLE

Read the article.

Everyone now knows the benefits of exercise. It slows aging, keeps the body healthy and fit, and prevents heart disease and diabetes. It also boosts the immune system, which means you get fewer colds. Exercise improves mental health too.

But did you know that exercise isn't only for the young? Exercise can help even the oldest of the old. If people in their 80s exercise at least four hours each week, they stay healthier and more active. They live longer too. Survival rates of elderly who exercised doubled when compared to others who didn't exercise at all. Similar results have been seen in people in their 60s and 70s. And the gains are greater when someone starts in their 30s and 40s.

In short, it's never too late to start exercising!

WARM UP

Discuss the question with your partner for five minutes.

1: What do you think about exercise? Please explain.

COMPREHENSION QUESTIONS

Answer the questions before/after your read the article.

1: People who exercise get sick less often. T / F
2: Exercise improves the mind and body. T / F
3: Elderly people who exercised doubled their lives. T / F
4: The article recommends that everyone should exercise. T / F

DISCUSS

Discuss these questions with a partner. Remember to support your answers.

1: Were you surprised by any of the information in the article? Why/not?
2: How often do you exercise? Is this enough? Why/not?
3: What should you do to be healthier? Please explain.