

Weekend Exercise Helps People Live Longer

VOCABULARY WORDS

1. reduce /rə'd(y)ʊs/ make smaller or less in amount, degree, or size.
Example: They stopped shopping for clothes weekly to reduce their expenses.
2. moderate /'mäd(ə)rət/ average in amount, intensity, quality, or degree.
Example: She drove the car at a moderate speed.
3. vigorous /'vig(ə)rəs/ strong, healthy, and full of energy.
Example: Arnold is a tall, vigorous, and muscular man.
4. bout /bout/ a short period of intense activity of a specified kind.
Example: Engaging in occasional bouts of strenuous exercise is good for the heart.
5. considerable /kən'sid(ə)rəb(ə)l/ notably large in size, amount, or extent.
Example: The employer was very considerable in increasing the employees' salary.



There is good news for 'weekend warriors' – people who only exercise on the weekend. Doing your recommended exercise at the weekend is enough to help you live longer. Researchers from universities in Loughborough and Sydney found that the health benefits from working out daily or at the weekends were almost the same, as long as people burnt enough calories.

Weekend warriors can lower their risk of dying from cardiovascular diseases by 41 percent and from cancer by 18 percent. Those who exercised more regularly **reduced** their risks by 41 percent and 21 percent.

The article is published in the journal 'JAMA Internal Medicine'. It is based on a survey of 64,000 adults aged over 40. The researchers recommended people do at least 150 minutes of **moderate** activity or 75 minutes of **vigorous** activity once or twice a week.

They said: "The present study suggests that less frequent **bouts** of activity, which might more easily fit into a busy lifestyle, offer **considerable** health benefits." They added: "A

particularly encouraging finding was that a physical activity frequency as low as one or two sessions per week was associated with lower mortality."

DISCUSSION

1. How good are you at exercising?
2. How could you fit more exercise into your day?
3. What exercise would you like to do if you had time?
4. Is it better to exercise every day or a few times a week?
5. Why are people exercising less these days?