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Jogging in forest great for mental health

MANY FLASH AND ONLINE ACTIVITIES FOR THIS LESSON, PLUS A LISTENING, AT:

<http://www.NewsEnglishLessons.com/1206/120622-jogging.html>

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ALL ANSWERS ARE IN THE TEXT ON PAGE 2.

22nd June, 2012

THE READING / TAPESCRIPT

From: <http://www.NewsEnglishLessons.com/1206/120622-jogging.html>

A new report says jogging in a forest can help stop mental health problems. Researchers say going for a run in the countryside is twice as good for you as going to the gym. The study, from a research team at Glasgow University, was reported by Britain's "Daily Telegraph"* newspaper. It shows the positive effect of running through woodland on people who are depressed or stressed. Researchers said other outdoor activities also helped lower the risk of poor mental health.

The researchers questioned nearly 2,000 people who exercised regularly. They compared the mental health of people who walked, ran or cycled in the countryside with those who exercised in the city or in a gym. They found that being around nature lowered people's stress levels. Head researcher professor Richard Mitchell said he knew exercising in the hills and forests was good for us, saying: "Being in areas that have lots of trees and grassy areas help to calm us down."

* <http://www.telegraph.co.uk/health/healthnews/9344129/Jogging-in-forest-twice-as-good-as-trip-to-gym-for-mental-health.html>

PHRASE MATCH

From: <http://www.NewsEnglishLessons.com/1206/120622-jogging.html>

Match the following phrases from the article.

Paragraph 1

- | | |
|------------------------|--------------------|
| 1. help stop mental | a. good for you |
| 2. twice as | b. of running |
| 3. going | c. the risk |
| 4. the positive effect | d. to the gym |
| 5. people who | e. health problems |
| 6. helped lower | f. are depressed |

Paragraph 2

- | | |
|--------------------------------|---------------------------|
| 1. The researchers questioned | a. ran or cycled |
| 2. people who walked, | b. people's stress levels |
| 3. being around nature lowered | c. have lots of trees |
| 4. exercising in | d. nearly 2,000 people |
| 5. areas that | e. us down |
| 6. help to calm | f. the hills and forests |

LISTENING GAP FILL

From: <http://www.NewsEnglishLessons.com/1206/120622-jogging.html>

A new report says jogging in a forest _____ mental health problems. Researchers say going for a run in the countryside is _____ for you as going to the gym. The study, from a research team at Glasgow University, was _____ Britain's "Daily Telegraph" newspaper. It shows the _____ of running through woodland on people _____ or stressed. Researchers said other outdoor activities also helped _____ of poor mental health.

The researchers _____ 2,000 people who exercised regularly. They _____ mental health of people who walked, ran or cycled in the countryside with those _____ the city or in a gym. They found that being around _____ people's stress levels. Head researcher professor Richard Mitchell said he knew exercising in the hills and forests _____, saying: "Being in areas that have lots of trees and grassy areas _____ down."

MULTIPLE CHOICE

From: <http://www.NewsEnglishLessons.com/1206/120622-jogging.html>

A new report (1) _____ jogging in a forest can help stop mental health problems. Researchers say going (2) _____ a run in the countryside is (3) _____ as good for you as going to the gym. The study, from a research team at Glasgow University, was reported (4) _____ Britain's "Daily Telegraph" newspaper. It shows the positive effect of running through woodland (5) _____ people who are depressed or stressed. Researchers said other outdoor activities also helped (6) _____ the risk of poor mental health.

The researchers questioned nearly 2,000 people (7) _____ exercised regularly. They compared the mental health of people who walked, ran or cycled in the countryside with (8) _____ who exercised in the city or in a gym. They found that (9) _____ around nature (10) _____ people's stress levels. Head researcher professor Richard Mitchell said he knew exercising in the hills and forests (11) _____ good for us, saying: "Being in areas that have lots of trees and grassy areas help to calm us (12) _____."

Put the correct words from this table into the article.

- | | | | |
|-----|-------------|-------------|--------------|
| 1. | (a) say | (b) says | (c) saying |
| 2. | (a) for | (b) as | (c) at |
| 3. | (a) two | (b) double | (c) twice |
| 4. | (a) by | (b) so | (c) of |
| 5. | (a) to | (b) in | (c) on |
| 6. | (a) lower | (b) lowered | (c) lowering |
| 7. | (a) whom | (b) who | (c) whoever |
| 8. | (a) those | (b) them | (c) they |
| 9. | (a) was | (b) be | (c) being |
| 10. | (a) downing | (b) lowered | (c) fell |
| 11. | (a) being | (b) be | (c) was |
| 12. | (a) up | (b) down | (c) along |

SPELLING

From: <http://www.NewsEnglishLessons.com/1206/120622-jogging.html>

Spell the jumbled words (from the text) correctly.

Paragraph 1

1. help stop mental health rsebplmo
2. ggion for a run
3. citwe as good for you
4. the positive fetcfe
5. people who are depressed or eesdssrt
6. helped lerwo the risk

Paragraph 2

7. researchers nsiqtuode nearly 2,000 people
8. They aredpomc the mental health
9. walked, ran or lecdyc
10. being around tanrue
11. areas that have lots of eesrt
12. rsagys areas

PUT THE TEXT BACK TOGETHER

From: <http://www.NewsEnglishLessons.com/1206/120622-jogging.html>

Number these lines in the correct order.

- () problems. Researchers say going for a run in the countryside is twice as good for you as going
- () The researchers questioned nearly 2,000 people who exercised regularly. They compared
- () the mental health of people who walked, ran or cycled in the countryside with those who
- () people's stress levels. Head researcher professor Richard Mitchell said he knew
- () stressed. Researchers said other outdoor activities also helped lower the risk of poor mental health.
- () exercising in the hills and forests was good for us, saying: "Being in
- () to the gym. The study, from a research team at Glasgow University, was
- () reported by Britain's "Daily Telegraph" newspaper. It shows the positive
- () areas that have lots of trees and grassy areas help to calm us down."
- () exercised in the city or in a gym. They found that being around nature lowered
- () effect of running through woodland on people who are depressed or
- (**1**) A new report says jogging in a forest can help stop mental health

THE READING / TAPESCRIPT

From: <http://www.NewsEnglishLessons.com/1206/120622-jogging.html>

With a partner, put the words back into the correct order.

1. in a forest can help stop mental health problems Jogging.

2. countryside the in run a for Going.

3. the gym Twice as good for you as going to.

4. effect positive The woodland through running of.

5. mental poor of risk the Lower health.

6. nearly The researchers 2,000 questioned people.

7. nature around Being levels stress people's lowered.

8. was good for us Exercising in the hills and forests.

9. have Being lots in of areas trees that.

10. Grassy down us calm to help areas.

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. _____

WRITING

From: <http://www.NewsEnglishLessons.com/1206/120622-jogging.html>

Write about exercising for 10 minutes. Show your partner your paper. Correct each other's work.

[illegible]

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. EXERCISING: Search the Internet and find more information about jogging and exercising. Talk about what you discover with your partner(s) in the next lesson.

3. MAGAZINE ARTICLE: Write a magazine article about exercising. Include an imaginary interview with a forest jogger. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

4. 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.

5. LETTER: Write a letter to an exercise expert. Ask him/her three questions about exercising. Give him/her three of your opinions on it. Read what you wrote to your classmates in the next lesson. Your partner will answer the questions you asked.