

Vigorous Exercise May Lower Risk of Major Diseases - Beginner - EN

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Article

New research says exercise intensity matters, not only total exercise time. Even a few minutes of vigorous activity each day may lower the risk of serious diseases.

The study found links between harder exercise and lower risk of type 2 diabetes, heart disease, dementia, and other conditions. Vigorous activity means you are breathing hard and can say only a few words at a time.

Researchers used UK Biobank data from people who wore fitness trackers and from others who reported their exercise. People who did more vigorous activity had lower disease risk, even when total activity was the same.

Experts say you do not need extreme workouts. Walking faster, climbing stairs quickly, or carrying heavy groceries may help. Starting slowly and building a routine is important, especially for people with health problems.

Vocabulary Words List

exercise intensity — useful health word or phrase from the article total exercise time — useful health word or phrase from the article vigorous activity — useful health word or phrase from the article serious diseases — useful health word or phrase from the article type 2 diabetes — useful health word or phrase from the article heart disease — useful health word or phrase from the article dementia — useful health word or phrase from the article UK Biobank — useful health word or phrase from the article fitness trackers — useful health word or phrase from the article disease risk — useful health word or phrase from the article activity — useful health word or phrase from the article climbing stairs — useful health word or phrase from the article heavy groceries — useful health word or phrase from the article routine — useful health word or phrase from the article people — useful health word or phrase from the article

Fill In The Blanks Listening Practice

New research says _____ matters, not only _____. Even a few minutes of vigorous activity each day may lower the risk of serious diseases.

The study found links between harder exercise and lower risk of _____, _____, dementia, and other conditions. Vigorous activity means you are breathing hard and can say only a few words at a time.

Researchers used _____ data from people who wore _____ and from others who reported their exercise. People who did more vigorous activity had lower disease risk, even when total activity was the same.

Experts say you do not need extreme workouts. Walking faster, _____ quickly, or carrying _____ may help. Starting slowly and building a routine is important, especially for people with health problems.

Vocabulary Retention Quiz

1. What does the new study say matters besides total exercise time?
2. What are two diseases linked to lower risk with vigorous exercise?
3. What are two simple ways to add vigorous activity?

Discussion Questions

Do you think a few hard minutes of exercise sounds easier than long workouts?

What vigorous activity could you add to your week?

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