

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

[Health](#)[English](#)

Article

A new study suggests that exercise intensity matters as much as, and sometimes more than, total exercise volume when it comes to lowering the risk of serious disease. Researchers found that even a small amount of vigorous activity each day was linked to lower risk of several major health conditions.

The study, published in the European Heart Journal, showed associations with lower risk of type 2 diabetes, cardiovascular disease, dementia, chronic kidney disease, chronic respiratory disease, and other conditions. Vigorous exercise did not mean extreme training. Instead, it referred to activity intense enough that a person is breathing hard and can speak only a few words at a time.

Researchers used UK Biobank data from about 96,000 people whose movement was measured with wrist-worn fitness trackers and about 375,000 others who reported their own activity. Across both groups, people who did a higher proportion of vigorous exercise had lower disease risk, even when their total amount of physical activity was similar. For some diseases, especially immune-related conditions and dementia, intensity appeared especially important.

The benefits followed a dose-response pattern, but they seemed to level off once vigorous activity made up about 4% to 5% of total movement. Experts say people can build intensity gradually by adding short uphill walks, faster walking, or quickly climbing stairs. For many people, just a few hard minutes spread across the week may provide meaningful health benefits.

Vocabulary Words List

exercise intensity — useful health word or phrase from the article vigorous activity — useful health word or phrase from the article type 2 diabetes — 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 exercise volume — useful health word or phrase from the article European Heart Journal — useful health word or phrase from the article cardiovascular disease — useful health word or phrase from the article chronic kidney disease — useful health word or phrase from the article chronic respiratory disease — useful health word or phrase from the article dose-response — useful health word or phrase from the article 4% to 5% — useful health word or phrase from the article health benefits — useful health word or phrase from the article immune-related conditions — useful health word or phrase from the article people — useful health word or phrase from the article study — useful health word or phrase from the article movement — useful health word or phrase from the article week — useful health word or phrase from the article study suggests — useful health word or phrase from the article that exercise — useful health word or phrase from the article intensity matters — useful health word or phrase from the article as much — useful health word or phrase from the article and sometimes — useful health word or phrase from the article more than — useful health word or phrase from the article total exercise — useful health word or phrase from the article volume when — useful health word or phrase from the article

Fill In The Blanks Listening Practice

A new study suggests that _____ matters as much as, and sometimes more than, total _____ when it comes to lowering the risk of serious disease. Researchers found that even a small amount of _____ each day was linked to lower risk of several major health conditions.

The study, published in the _____, showed associations with lower risk of type 2 diabetes, _____, dementia, _____, chronic respiratory disease, and other conditions. Vigorous exercise did not mean extreme training. Instead, it referred to activity intense enough that a person is breathing hard and can speak only a few words at a time.

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The benefits followed a dose-response pattern, but they seemed to level off once vigorous activity made up about 4% to 5% of total movement. Experts say people can build intensity gradually by adding short uphill walks, faster walking, or quickly climbing stairs. For many people, just a few hard minutes spread across the _____ may provide meaningful health benefits.

Vocabulary Retention Quiz

1. What did the study say about exercise intensity and disease risk?
2. How did researchers measure activity in one large group?
3. Why was vigorous activity especially important for some diseases?
4. What happened when vigorous activity reached about 4% to 5% of total movement?
5. What do experts suggest for people who want to add more intensity safely?

Discussion Questions

Why do you think exercise intensity has been less emphasized than exercise volume?

What are the benefits and risks of telling people to add vigorous activity?

How can people make intense exercise part of everyday life without feeling overwhelmed?

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French (Intermediate) , Italian (Beginner) , Italian (Intermediate) , German (Beginner) ,
German (Intermediate)