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# Maximize Fitness: Value of Weekend Workouts

## Description

Good news for those who struggle to find time to exercise during the week: a recent study suggests that cramming your physical activity into the weekend can be just as beneficial for your health as spreading it out over several days.

The World Health Organization recommends that adults do at least 150 minutes of moderate-intensity exercise each week. This could include activities like brisk walking, gardening, or cycling. However, a new study conducted by Zhi-Hao Li and his team from Southern Medical University in China analyzed data from over 93,000 individuals in the UK Biobank study to see if the timing of exercise made a difference.

The study found that those who packed their 150 minutes of exercise into one or two days had a 32% lower risk of death from all causes compared to those who didn't meet the recommended activity levels. Similarly, the risk of death from cardiovascular disease was 31% lower, and from cancer, it was 21% lower.

Interestingly, there was no significant difference in the risk of death between those who exercised on weekends and those who exercised more regularly throughout the week. According to I-Min Lee from Harvard Medical School, the key takeaway is that there is no single "right" way to be active - whether you spread it out or do it all at once, the benefits are equally significant.

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## Vocabulary List:

1. **Cramming** /'kræm.ɪŋ/ (verb): The act of gathering or accumulating something in a short period of time.
2. **Moderate-intensity** /'mɒd.ər.ət ɪn'ten.sɪ.ti/ (adjective): A level of exercise effort that is neither too easy nor too hard.
3. **Cardiovascular** /,kɑːr.di.ʊs'væs.kjə.lər/ (adjective): Relating to the heart and blood vessels.
4. **Risk** /rɪsk/ (noun): The possibility of suffering harm or loss; danger.
5. **Beneficial** /,bɛn.ɪ'fɪj.əl/ (adjective): Producing good results or helpful effects.
6. **Takeaway** /'teɪkə,weɪ/ (noun): A main point to be remembered or acted upon.

## Comprehension Questions

### Multiple Choice

1. What is the minimum recommended amount of moderate-intensity exercise for adults each week



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according to the World Health Organization?

- Option: 50 minutes
- Option: 100 minutes
- Option: 150 minutes
- Option: 200 minutes

2. Who conducted the new study analyzing data from over 93,000 individuals in the UK Biobank study?

- Option: Zhi-Hao Li and team from Southern Medical University
- Option: I-Min Lee from Harvard Medical School
- Option: The World Health Organization
- Option: Unknown researchers

3. What percentage lower was the risk of death from all causes for individuals who packed their 150 minutes of exercise into one or two days?

- Option: 21%
- Option: 25%
- Option: 32%
- Option: 40%

4. According to the study, is there a significant difference in the risk of death for those who exercise on weekends compared to those who exercise more regularly throughout the week?

- Option: Yes
- Option: No
- Option: Running and weightlifting
- Option: Swimming and yoga

5. What type of activities could be included in the recommended 150 minutes of moderate-intensity exercise each week?

- Option: Brisk walking, gardening, or cycling
- Option: Playing video games
- Option: Zhi-Hao Li
- Option: I-Min Lee

6. Who suggested that there is no single

- Option: World Health Organization
- Option: Unknown researcher



### True-False

7. The study found that cramming physical activity into the weekend is beneficial for health compared to spreading it out over several days.
8. The research focused on a diverse group of ethnicities to confirm the findings for broader populations.
9. The risk of death from cardiovascular disease was higher for individuals who packed their exercise into one or two days.
10. The World Health Organization recommends at least 200 minutes of moderate-intensity exercise per week for adults.
11. I-Min Lee is affiliated with Harvard Medical School.
12. Cycling is not considered a moderate-intensity exercise.

### Gap-Fill

13. According to the study, those who packed their 150 minutes of exercise into one or two days had a \_\_\_\_\_ % lower risk of death from cardiovascular disease.
14. The study analyzed data from over \_\_\_\_\_ individuals in the UK Biobank study.
16. According to the World Health Organization, adults should do at least \_\_\_\_\_ minutes of moderate-intensity exercise each week.
17. Further research involving \_\_\_\_\_ ethnicities is needed to confirm the study findings for broader populations.
18. The study focused on a predominantly white population in \_\_\_\_\_.

### Answer

**Multiple Choice:** 1. 150 minutes 2. Zhi-Hao Li and team from Southern Medical University 3. 32% 4. No 5. Brisk walking, gardening, or cycling 6. I-Min Lee

**True-False:** 7. True



8. False 9. False 10. False 11. True 12. False

**Gap-Fill:** 13. 31 14. 93,000 16. 150 17. diverse 18. UK

## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. Which concept refers to the ability to understand or know something without needing explicit reasoning?

Option: Intuition

Option: Anti-intellectualism

Option: Enacted

Option: Discourse

2. What are taxes on imported or exported goods called?

Option: Disruption

Option: Tariffs

Option: Cramming

Option: Moderate-intensity

3. What is the possibility of harm or loss in a situation called?

Option: Integrated

Option: Criticized

Option: Risk

Option: Enforcement

4. What term refers to the effect or influence of one thing on another?

Option: Anticipated

Option: Impact

Option: Concern

Option: Takeaway

5. Which term describes a hostility or distrust towards intellectuals and intellectual pursuits?

Option: Deadline

Option: Concerns

Option: Emphasized

Option: Anti-intellectualism

6. What term means combining or coordinating separate elements into a unified whole?

Option: Integrated

Option: Elected

Option: Disruption



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Option: Enacted

7. What is the latest time or date by which something should be completed?

Option: Polarization

Option: Deadline

Option: Explore

Option: Absorb

8. Which term means to search or investigate thoroughly?

Option: Enforcement

Option: Explore

Option: Potential

Option: Inaccessible

9. What level of activity is higher in intensity than light activity but lower than vigorous activity?

Option: Beneficial

Option: Uncertainty

Option: Moderate-intensity

Option: Concern

10. What is the act of compelling observance of or compliance with a law rule or obligation?

Option: Remarks

Option: Enforcement

Option: Potential

Option: Polarization

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. The potential consequences of the decision raised serious \_\_\_\_\_ among the stakeholders.

12. The new mayor was \_\_\_\_\_ by a large majority of the voters in the city.

13. Living cells need to \_\_\_\_\_ nutrients from their environment to function properly.

14. The new law was successfully \_\_\_\_\_ by the legislative body.

15. The company strives for the seamless \_\_\_\_\_ of new technologies into their existing products.



16. The unexpected power outage caused a major \_\_\_\_\_ in the production schedule.
17. The safety report highlighted several significant \_\_\_\_\_ regarding the building design.
18. The investment has great \_\_\_\_\_ for substantial returns in the future.
19. The ongoing negotiations have created an atmosphere of \_\_\_\_\_ about the future business relationship.
20. Many students resort to \_\_\_\_\_ before exams which can lead to short-term retention but hinder long-term learning.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. The company a surge in demand for their new product after the successful marketing campaign.
22. During the presentation the speaker the importance of maintaining good communication with customers.
23. The CEO's about the company's future plans sparked a lively discussion among the board members.
24. The political debate highlighted the growing between the two major parties.
25. Regular exercise is for both physical and mental health.
26. The new legislation was to address the environmental concerns in the region.
27. The government imposed additional on imported goods to protect domestic industries.
28. Strict of traffic laws is necessary to ensure road safety for all drivers.
29. The new software was seamlessly into the existing IT infrastructure.
30. The critical data was stored in a secure location that was to unauthorized personnel.

## Answer

**Multiple Choice:** 1. Intuition 2. Tariffs 3. Risk 4. Impact 5. Anti-intellectualism 6. Integrated 7. Deadline 8. Explore 9. Moderate-intensity 10. Enforcement

**Gap-Fill:** 11. concerns



12. elected 13. absorb 14. enacted 15. integration 16. disruption 17. concerns 18. potential 19. uncertainty  
20. cramming

**Matching sentence:** 1. Anticipated 2. Emphasized 3. Remarks 4. Polarization 5. Beneficial 6. Enacted 7. Tariffs  
8. Enforcement 9. Integrated 10. Inaccessible

## CATEGORY

1. Sci/Tech - LEVEL3

### Date Created

2025/04/03

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