



Unlock Happiness: Thrive With Parkrun Events

Description

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A Parkrun event in Newcastle, UK

Alan Harbottle/Alamy

Participating in Parkrun events, a charitable initiative offering free 5-kilometre walks or runs weekly, has been shown to enhance life satisfaction. This initiative is active in 22 countries, including the UK, US, and Australia, and previous research has highlighted its positive impact on both physical and mental well-being.

To delve deeper into this topic, Steve Haake from Sheffield Hallam University in the UK and his team conducted a study involving 548 individuals aged 18 to 83 with varying levels of physical activity. These participants were surveyed upon registering with Parkrun, a study partially supported by the initiative, and again six months later, rating their life satisfaction on a scale of 0 to 10.

The results indicated that engaging in Parkrun events correlated with an average increase of 0.25 points in life satisfaction. This increment, though seemingly modest, is significant given that individuals in the UK experienced a drop of 0.4 in life satisfaction during the peak of the covid-19 pandemic.

Participants attributed approximately 25% of this increase to Parkrun. Clare Stevinson from Loughborough University emphasized that even minor improvements in a large population can have substantial implications for public health. On average, each individual took part in two Parkrun events, which likely triggered additional positive lifestyle changes.

Stevinson highlighted the supportive and encouraging environment that Parkrun offers, potentially leading to sustained exercise habits and various physical, mental, and social benefits.

Vocabulary List:

1. **Satisfaction** /ˌsætɪsˈfækʃən/ (noun): The feeling of pleasure or contentment when needs or expectations are fulfilled.
2. **Correlated** /ˈkɔːr.ə.leɪ.tɪd/ (verb): To show a relationship or connection between two or more things.
3. **Increment** /ˈɪn.krə.mənt/ (noun): An increase or addition especially one of a series on a fixed scale.
4. **Impact** /ˈɪm.pækt/ (noun): The strong effect or influence that something has on a situation or person.
5. **Supportive** /səˈpɔːr.tɪv/ (adjective): Providing encouragement or emotional help.
6. **Sustained** /səˈsteɪnd/ (adjective): Continuing for an extended period or without interruption.

Comprehension Questions



Multiple Choice

1. How many countries is Parkrun active in?

- Option: 10
- Option: 15
- Option: 22
- Option: 30

2. Who conducted the study involving 548 individuals in Parkrun events?

- Option: Clare Stevinson
- Option: Steve Haake
- Option: Alan Harbottle
- Option: Ratan Naval Tata

3. What was the average increase in life satisfaction associated with engaging in Parkrun events?

- Option: 0.05 points
- Option: 0.15 points
- Option: 0.25 points
- Option: 0.35 points

4. Approximately how many Parkrun events did each individual on average take part in?

- Option: 1
- Option: 2
- Option: 3
- Option: 4

5. Who emphasized the potential implications for public health of even minor improvements through Parkrun?

- Option: Clare Stevinson
- Option: Steve Haake
- Option: Alan Harbottle
- Option: Ratan Naval Tata

6. What percentage of the increase in life satisfaction was attributed to Parkrun?

- Option: 10%
- Option: 20%
- Option: 25%
- Option: 30%



True-False

- 7. Parkrun events are paid events.
- 8. Clare Stevinson conducted a study involving Parkrun events.
- 9. The study conducted by Steve Haake involved individuals with varying levels of physical activity.
- 10. The average increase in life satisfaction was 0.4 points.
- 11. Each individual on average participated in one Parkrun event.
- 12. Parkrun events offer physical, mental, and social benefits.

Gap-Fill

- 13. The participants in the study were surveyed on a scale of 0 to _____.
- 14. The study conducted by Steve Haake had a total of _____ individuals.
- 15. Participants attributed approximately _____ of the increase in life satisfaction to Parkrun.
- 16. Clare Stevinson is from _____ University.
- 17. The supportive and encouraging environment at Parkrun may lead to sustained exercise habits and various _____ benefits.
- 18. Individuals in the UK experienced a drop of 0.4 in life satisfaction during the peak of the covid-19 _____.

Answer

Multiple Choice: 1. 22 2. Steve Haake 3. 0.25 points 4. 2 5. Clare Stevinson 6. 25%

True-False: 7. False 8. False 9. True 10. False 11. False 12. True

Gap-Fill: 13. 10 14. 548 15. 25% 16. Loughborough 17. physical, mental, and social 18. pandemic



Vocabulary quizzes

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

1. Which term refers to the state of being content or fulfilled?
Option: Impact
Option: Satisfaction
Option: Oversight
Option: Retrieve
2. What is the term for laws created by a governing body?
Option: Sustained
Option: Regulations
Option: Legislation
Option: Inertia
3. Which term describes the act of passing judgment or disapproval?
Option: Correlated
Option: Decapitated
Option: Criticism
Option: Expediting
4. Which term refers to providing encouragement or backing?
Option: Polarizing
Option: Safeguards
Option: Supportive
Option: Regulatory
5. What is a short and amusing or interesting story about a real incident or person?
Option: Intricate
Option: Anecdote
Option: Engagements
Option: Increment
6. Which term relates to the physical senses or perception?



- Option: Impact
- Option: Sensory
- Option: Geoglyphs
- Option: Ritualistic

7. What are the rules or directives made and maintained by an authority?

- Option: Retrieve
- Option: Regulatory
- Option: Contraversial
- Option: Regulations

8. Which term describes the tendency of an object to resist changes in its state of motion?

- Option: Safeguards
- Option: Inertia
- Option: Incendiary
- Option: Adaptation

9. Which term refers to formal agreements to get married?

- Option: Controversial
- Option: Engagements
- Option: Substantial
- Option: Intricate

10. Which term means to cut off the head of someone or something?

- Option: Impact
- Option: Substantial
- Option: Decapitated
- Option: Polarizing

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

11. The new policy had a significant _____ on the company's profits.

12. _____ plays a crucial role in shaping the legal framework of a nation.

13. The company hired a _____ consultant to ensure compliance with industry standards.

14. The company recorded a _____ increase in sales last quarter.



15. The political speech was deemed too _____ and was met with strong opposition.
16. The team's _____ effort throughout the season led them to victory.
17. The _____ design of the building showcased the architect's talent.
18. The IT team managed to _____ the lost data from the corrupted hard drive.
19. The artist's latest exhibit sparked _____ discussions about art and culture.
20. The couple announced their _____ amidst great celebrations.

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

21. The ancient Nazca Lines in Peru are famous for their massive carved into the desert floor.
22. The tribal dance was a ceremony performed to honor their ancestors.
23. According to Newton's First Law of Motion an object at rest tends to stay at rest due to .
24. The politician's speech was highly causing a sharp divide among the audience.
25. The manager suggested the shipping process to meet the deadline.
26. Fire alarms and sprinkler systems are important to protect buildings from fire damage.
27. Employees can receive a salary based on their performance.
28. The committee provides to ensure that the project follows regulations and standards.
29. The pharmaceutical industry is subject to strict guidelines to maintain safety.
30. The policy change had a profound on the environment.

Answer

Multiple Choice: 1. Satisfaction 2. Legislation 3. Criticism 4. Supportive 5. Anecdote 6. Sensory 7. Regulations 8. Inertia 9. Engagements 10. Decapitated

Gap-Fill: 11. impact 12. Legislation 13. Regulatory 14. substantial 15. incendiary 16. sustained 17. intricate 18. retrieve 19. controversial 20. engagement

Matching sentence: 1. Geoglyphs 2. Ritualistic 3. Inertia 4. Polarizing 5. Expediting 6. Safeguards 7. Increment 8. Oversight



9. Regulatory 10. Impact

CATEGORY

1. Sci/Tech - LEVEL5

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