**Article of the Week #14**

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\* Circle words that are unfamiliar and define using context clues.

\*Write at least 5 questions that show what you are wondering as you read.

\*Highlight or underline at least 3 **positive effects** of exercise

\*Write at least 5 comments (feelings or connections) that show you understand the text.

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| **Annotation Rubric** | Exceeds Expectations | Meets Expectations | Progressing | Not There Yet |
| **Strong** evidence of interaction with the text. | **Good** evidence of interaction with the text. | **Some** evidence of interaction with the text. | **Little/no** evidence of interaction with the text. |
| **50 points** | **40 points** | **30 points** | **20 points**  (or below) |

**Get Moving! Exercise Really Does Pay Off**

By Associated Press, adapted by Newsela Staff

Whether you walk or you run, any exercise is good for you, health researchers have found.

Even people who get less exercise than recommended have less risk than folks who don't break a sweat at all.

"If someone is completely inactive, the best thing they can do is even getting out and taking a walk," said Hannah Arem, a health researcher at George Washington University in Washington, District of Columbia.

Some people may think they don't have enough time for small amounts of exercise to matter. The results are "encouraging or perhaps motivating" for these people, Arem said.

She had no role in the study but wrote a commentary published with the results Monday in JAMA Internal Medicine.

## It's Best To Spread Out Your Exercise

Previously, U.S. and global guidelines called for 150 minutes of moderate or 75 minutes of vigorous exercise each week. Ideally, the guidelines asked for exercise to be spread out so you get some on most days.

Those numbers were based on many previous studies, which suggested many health benefits beyond the risk of early death which this study measured.

Some people pack their workouts into one or two sessions a week. These people lower their risk of dying over roughly the next decade nearly as much as people who exercise more often, the new research suggests.

Researchers at Loughborough University in England looked a survey of nearly 64,000 adults in England and Scotland from 1994 to 2008. By last year, 8,802 of these people had died.

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Participants were grouped according to how much exercise they said they got the previous month.

— Inactive people, who did no exercise in their free time, made up 63 percent of the people in the study.

— Regular exercisers made up 11 percent.

— "Weekend warriors"—that is, people who exercise a lot  but in one or two sessions—made up 4 percent of the survey.

— Insufficiently active exercisers, who exercise less than the recommended weekly amount, were 22 percent of the study.

For "weekend warriors" and insufficient exercisers, the risk of dying was about 30 percent lower than people who were completely inactive. People who regularly exercised lowered their risk a little more: by 35 percent.

## Heartening Results

Any amount of activity helped cut the risk of dying of heart disease by about 40 percent, compared to being a couch potato.

Exercise has many other benefits such as helping to prevent dementia, depression, high blood pressure, unhealthy sleep patterns and diabetes, independent experts say. Some of these effects don't last very long, Arem said.  The more often you exercise, the more of these benefits you'll experience.

"I don't know that we're ready to say, based on this study, that people shouldn't try to exercise more than that if they can," said Dr. Daniel Rader, preventive cardiology chief at the University of Pennsylvania. "People who exercise more regularly report that they feel like they have a better quality of life," among other benefits, he said.

## At Least Do Something

Still, the results are "quite fascinating and a bit surprising" on the "dose" of exercise needed for benefit, Rader said. "Even if you only have time to do something once a week, this study would suggest it's still worth doing."

Still, the study may be imperfect. More than 90 percent of the participants in the study were Caucasian. Because of this, there may not be enough genetic diversity.

Each participant's exercise habits were only assessed at the start of the study, and they could have changed over time.

The biggest limitation is that this type of study can only suggest exercise and health risks may be related. They cannot prove with certainty that they are.

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| **Monday:**  Read the article and annotate – *follow the annotation directions at the top of the page!* |
| **Tuesday:** Answer the following multiple choice questions   1. Which selection from the article BEST summarizes the findings of the study? 2. Doctors suggest we should exercise every day. Exercise lessens your chance of dying young 3. U.S. and global guidelines call for 150 minutes of light exercise or 75 minutes of intense exercise each week 4. Each person in the survey reported how much exercise they had done in the last month. They were then placed into four groups. 5. Any amount of activity helped cut the risk of dying of heart disease. Compared to not exercising at all, exercise helped reduce the risk by about two-fifths. 6. Which answer choice accurately characterizes Hannah Arem’s reaction to the study? 7. She is encouraged to start exercising herself so that she can improve her long-term health. 8. She is annoyed that the researchers who did the study did not include her in the results. 9. She is worried that people who have been inactive will injure themselves by trying to work too hard. 10. She is hopeful that the study will make people who are not exercising start to do small things.  * Write a piece of text evidence to support your answer to #2 below:   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   1. Dr. Daniel Rader would be MOST likely to agree with which of the following statements? 2. This study demonstrates that people can begin to exercise less often and stay as healthy as they were before. 3. It is wonderful that the study says people can benefit from little exercise, but they should still try to exercise as often as possible. 4. They results of the study are shocking, and they definitely prove that people should not worry about spending more time exercising. 5. In some cases it might be harmful for people to try to exercise more often than they feel they are comfortable doing.  * Explain your answer to #3 below:   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Wednesday**: Find three pieces of text evidence to support the following claim. (Don’t forget your quotation marks and sentence starters!)  **Exercising a little is better than not exercising at all** |
| **Thursday:** Respond to the following questions in **complete sentences**.   1. Look at the third section of the article. What would be a good **subtitle** for this section? 2. What is the meaning of the word **insufficiently** as used in the following sentence? Underline context clues that help you determine the word’s meaning.   “**Insufficiently** active exercisers, who exercise less than the recommended weekly amount, were 22 percent of the study.” |