

EXERCISE AIDS DEPRESSION

Apr 8th, 2022

WARM-UP QUESTIONS: *Discuss the following questions with your partner(s).*

1. How often do you exercise? What kinds of exercise do you do?
2. Read the headline above. Have you heard this news story? If so, say what you know. If not, can you guess what it's about?

VOCABULARY: *Match the following vocabulary words with a description. Use a dictionary if you need to.*

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| 1. Aid | a) a person who takes part in something, in this case the people who were surveyed |
| 2. Depression | b) to help |
| 3. Endurance | c) to do something |
| 4. Alter | d) a person whose job is to treat mental or physical illness with therapy |
| 5. Survey | e) the strength of something bad or harmful |
| 6. Participant | f) a small study that can help determine if a larger study should be done |
| 7. Cognitive function | g) a medical condition in which a person feels very sad and hopeless |
| 8. Carry out | h) to change |
| 9. Pilot study | i) related to the ability to think |
| 10. Therapist | j) to investigate the behavior or opinions of people by asking them questions |
| 11. Severity | k) the ability to do something difficult or painful for a long time |

LISTEN: *Listen to the audio track on eslnewsstories.com or to a reader of the text. Try to fill in the missing words. Then check your answers with the full text.*

People often exercise with specific physical _____ in mind, such as increasing endurance or strength, or to alter their appearance by building muscle or losing weight. Many people also point to an improved _____ as a reason for exercise, and recent research done by a group from Iowa State University has shown positive effects for people that suffer from depression.

The researchers surveyed people that were experiencing depression before, during, and after physical exercise. For two major characteristics of depression, they saw improvements. They found

the participants felt less depressed during and after exercise for as long as seventy-five _____, and perhaps even more. Also, those participants were more able to feel pleasure.

For the third major characteristic of depression, decreased cognitive function, the results were less clear. The team says _____ research is needed.

The researchers also carried out a pilot study to examine the effect of exercise on patients _____ they talk to a therapist. The results suggested that by exercising before therapy, patients are able to form a quicker and stronger relationship with their therapists.

Unfortunately, finding the motivation to exercise or _____ something new is extra-challenging for depressed people. Hopefully, it is encouraging to know that exercise can alter how the following hours feel and reduce the severity of symptoms of depression.

WORD FORMS: Fill in different forms for the vocabulary from the article. Use a dictionary if you need to. Where there is an **x**, the word is uncommon, has a different meaning, or doesn't exist. Sometimes there are multiple possible answers, and sometimes the adjective form is a past or present participle.

VERB	ADJECTIVE	ADVERB	NOUN
aid		x	
			depression
			endurance
alter		x	
survey		x	
	x	x	participant/participation
x			severity

People often exercise with specific physical goals in mind, such as increasing endurance or strength, or to alter their appearance by building muscle or losing weight. Many people also point to an improved mood as a reason for exercise, and recent research done by a group from Iowa State University has shown positive effects for people that suffer from depression.

The researchers surveyed people that were experiencing depression before, during, and after physical exercise. For two major characteristics of depression, they saw improvements. They found the participants felt less depressed during and after exercise for as long as seventy-five minutes, and perhaps even more. Also, those participants were more able to feel pleasure.

For the third major characteristic of depression, decreased cognitive function, the results were less clear. The team says more research is needed.

The researchers also carried out a pilot study to examine the effect of exercise on patients before they talk to a therapist. The results suggested that by exercising before therapy, patients are able to form a quicker and stronger relationship with their therapists.

Unfortunately, finding the motivation to exercise or attempt something new is extra-challenging for depressed people. Hopefully, it is encouraging to know that exercise can alter how the following hours feel and reduce the severity of symptoms of depression.

Sources: healthline.com, thehill.com, sciencedaily.com
For source links, see the article on ESLNewsStories.com

COMPREHENSION: *Decide if the following are true (T) or false (F), and then discuss your answers with your partner(s).*

1. Some research was done at Ohio State University. (T / F)
2. Exercise has a positive effect on people that are suffering from depression. (T / F)
3. Exercise is especially good for cognitive function. (T / F)
4. Participants were better able to feel pleasure. (T / F)

COMPLETE: *Re-order the following sentences. Capitalize certain words and add punctuation.*

1. health / some / improve / people / physical / exercise / to
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2. beneficial / exercising / could / therapy / be / before
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DISCUSSION: *Discuss the following questions with your partner(s). Try to speak in sentences and ask follow-up questions.*

1. What makes you happy?
2. Have you found that exercise changes your mood? How?
3. How active is your everyday life? Do you spend most of it sitting down? How could you be more active?
4. Does everyone experience the same range of emotions? Or do people feel some emotions more strongly and for longer?
5. How is depression different from sadness?
6. Some people like sad music and movies. Do people like to feel sad?
7. How would you try to help a friend that was suffering from depression?

