

Sitting Too Long Can Kill You

Muscles burn less fat and blood flows more slowly during a long sit, allowing fatty acids to more easily obstruct the heart. Prolonged sitting has been linked to high blood pressure and elevated cholesterol, and people with the most sedentary time are more than twice as likely to have cardiovascular disease as **those** with the least.

The pancreas produces insulin, a hormone that carries glucose to cells for energy. But cells in inactive muscles don't respond as easily to insulin, so the pancreas produces more and more, which can lead to diabetes. A 2011 study found a decline in insulin response after just one day of prolonged sitting.

Studies have linked sitting to a greater risk for colon, breast and endometrial cancers. The reason is unclear, but one theory is that excess insulin encourages cell growth. Another is that a regular movement boosts natural antioxidants that kill cells.

When you stand, move or even sit up straight, abdominal muscles keep you upright. But when you slump in a chair, they go unused. Tight back muscles and wimpy abs (abdominal muscles) form a posture that can exaggerate the spine's natural arch, a condition called hyperlordosis, or swayback.

Flexible hips help you keep balanced, but chronic sitters so rarely extend the hip flexor muscles in front that **they** become short and tight, limiting range of motion and stride length. Studies have found that decrease of hip mobility is a main reason elderly people tend to fall.

Sitting requires your gluteus (muscles of the bottom) to do absolutely nothing, and they get used to **it**. Soft gluteus hurt your stability, your ability to push off and your ability to maintain a powerful stride. Sitting for long periods of time slows blood circulation, which causes fluid to pool in the legs. Problems range from swollen ankles and varicose veins to dangerous clots called Deep Vein Thrombosis (DVT).

Weight-bearing activities such as walking and running stimulate hip and help body bones to grow thicker, denser and stronger. Scientists partially attribute the recent increase in cases of osteoporosis to lack of activity. People who watch the most had a 61 percent greater risk of dying than **those** who watched less than one hour per day.

Adapted from www.answers.com

Glossary:

Hip=hanche

Gluteus=muscles fessiers

I. COMPREHENSION CHECK (8 points)

1.1. Contextual referencing: What or who do the following words refer to in the text. (0.5×4=2 points)

Words	What or who they refer to
Those (P1, Line 3)	
They (P5, Line 2)	
It (P6, Line 1)	
Those (P7, Line 3)	

1.2. Information transfer: Fill in the table below with reference to the text. (0.5×4=2 points)

Main problem raised	Possible consequences
Sitting too long	1..... 2..... 3..... 4.....

1.3. Multiple choice: read the text and tick the best answer between **a, b** or **c**. (1×2=2 points)

1.3.1. **According to the text, diabetes are caused by:**

- a/ An excessive quantity of insulin
- b/ The pancreas
- c/ Glucose

1.3.2. **The interest of having flexible hips is that:**

- a/ They help be strong
- b/ They give balance
- c/ They give strength

1.4. Language notions: Link each statement with the notion it conveys on the right. **One** is odd. (0.5×4=2 points)

N°	Statements or ideas from the text	notions
1	<i>“sedentary people are twice as likely to have cardiovascular disease as others”</i>	Cause/Effect
2	<i>“so the pancreas produces more and more, which can lead to diabetes”</i>	Warning
3	<i>“When you stand, move or even sit up straight, abdominal muscles keep you upright”</i>	Contrast
4	<i>“Flexible hips help you keep balanced, but chronic sitters so rarely extend the hip”</i>	Possibility Comparison

ANSWERS

1.....

- 2.....
- 3.....
- 4.....

II. COMMUNICATIVE COMPETENCE (7 points)

2.1. Summary cloze: Fill in the blanks with words from the indicated paragraphs. **(0.5×4=2 points)**

When people sit too long, their..... **(P1)** do not burn much fat, which can bring about heart problems and serious illnesses like..... **(P2)**. This is why it is strongly recommended to stand and move regularly to fight against complications. It is also said that..... **(P5)** of hip mobility can be a major risk for our muscles, especially for..... **(P5)** people.

2.2. Complete the paragraph below with these modals: *can, must, mustn't, may, should*. **(0.5×3=1.5 points)**

Doctors and specialists have agreed that one.....sit for excessive period of time because of the harmful consequences. Indeed when we get used to sitting too long, we.....run a big risk of getting health complications as our body does not work properly. Physical activity.....help us avoid running this risk. That is the reason why we have better fight settled ways of life.

2.3. Complete with the correct forms or tenses of the verbs between brackets. **(0.5×3=1.5 points)**

Specialists consider that many illnesses would have been avoided today if people..... **(not to be)** too lazy! Some people can spend days without..... **(to move)** because they sit on their office, car and at home. It's high time they..... **(to understand)** the dangers of such a dangerous way of life.

2.4. A doctor is interviewed about the risks of sitting too long and the possible solutions. Complete with the right tags, questions and forms. **(0.5×4=2 points)**

Journalist:.....?

Doctor: Sitting too much is dangerous because it generates consequences like high blood pressure and diabetes

Journalist: How does it affect properly our body?

Doctor: Our cells stop working properly as soon as we..... **(to sit down)** for a long time. That why people must avoid it,they?

Journalist:

Doctor: The best solution to fight against the consequences is to move regularly. For example, after sitting for one hour, get up and walk for some minutes. This could help shun complications.