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# BBC LEARNING ENGLISH

## News Review

### Could running help you live longer?

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#### The story

Researchers say regular running, no matter how far or how fast, substantially reduces the risk of an early death. A team from Australia, Thailand and Finland examined data on nearly a quarter of a million people, and found that any amount of running was linked to a 27% reduction in mortality.

#### Vocabulary

##### slash

reduce something by a significant amount

- Running could slash the risk of dying prematurely.
- Rob needs to slash his biscuit intake!

##### premature

earlier than the expected or natural time

- My sister's baby was born premature.
- The England fans were premature in their celebration at the Rugby World Cup!

##### run for your life

move as fast as possible away from danger

- There's a fire! Run for your life!
- We thought we saw a shark so we ran for our lives!

#### Language challenge

Which of these is wrong?

- a) to go for a run
- b) to go a run
- c) to go running

Answer:

- b) to go a run