### **Exercise and therapy can heal a broken heart**

Broken hearts are real. They are caused by emotional or physical stress. It is usually because of losing someone you love. Doctors think they have a cure for it. Researchers conducted a 12-week test on 76 heartbroken people. The people all had weekly counselling. They also did exercise, like aerobics, cycling and swimming. The British Heart Foundation was surprised by how much counselling "improved heart function and patients' fitness".

Hundreds of thousands of people have broken heart syndrome. It can double the risk of dying early. Symptoms include chest pain, shortness of breath, and tiredness. The illness makes the heart rounder, like an octopus. "Takotsubo" is a Japanese word. It means a round pot used to catch an octopus. The research shows the importance of the brain-heart relationship. It said mental and physical therapy can help people.

**Homework:**

1. Write a full sentence answer for each question below.
2. What is broken heart syndrome caused by?
3. How many brokenhearted people did the researchers test?
4. How often did the patients have counselling sessions?
5. How did the British Heart Foundation feel about the counselling?
6. How many people around the world suffer from broken heart syndrome?