

Walking 4,000 steps a day linked to longer life

17th August 2023



Many people around the world monitor how many steps they walk every day. This is due to studies that suggest 10,000 steps a day is enough to help us stay healthy and live longer. A new study says just 4,000 steps a day could be the magic number for us to

live well into old age. Researchers from the Johns Hopkins University of Medicine analyzed 17 studies that looked at how far people walked during the week. The scientists concluded that 4,000 steps per day reduced the risk of dying from diabetes, cardiovascular diseases and other life-threatening conditions. Study author Dr Seth Shay Martin said 4,000 steps is roughly a 30- to 45-minute walk, or about three to four kilometres.

The study is published in the European Journal of Preventive Cardiology. The research looked at health and exercise data from more than 225,000 adults worldwide over seven years. They had an average age of 64. Some people were in good health, while others suffered from heart problems. Dr Martin said his conclusion that 4,000 steps were beneficial was a minimum amount. He said: "I wouldn't want people to look at that as a magical number, that you must walk that exact step count. More is better." He added that walking an additional 1,000 steps per day is associated with a roughly 15 per cent lower risk of premature death. He said people should add at least one walk to their daily routine.

Sources: [nytimes.com](https://www.nytimes.com) / [time.com](https://www.time.com) / [medicalnewstoday.com](https://www.medicalnewstoday.com)

Writing

We should all monitor the number of steps we walk each day. Discuss.

Chat

Talk about these words from the article.

monitor / steps / healthy / live longer / magical number / scientists / diabetes / walk / study / exercise / average / age / heart problems / premature death / daily routine

True / False

- 1) A researcher said 10,000 was a magical number. T / F
- 2) Researchers looked at 17 studies on people's exercise and health. T / F
- 3) Walking 4,000 steps a day can increase the risk of getting diabetes. T / F
- 4) Walking 4,000 steps is a distance of eight kilometres. T / F
- 5) The research has been published in a journal. T / F
- 6) The people who were part of the research had an average age over 60. T / F
- 7) A researcher said people shouldn't walk more than 4,000 steps a day. T / F
- 8) An extra 1,000 steps lowers the risk of dying early by about 15%. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|----------------------|-----------------|
| 1. monitor | a. cut |
| 2. due to | b. about |
| 3. enough | c. everyday |
| 4. reduced | d. because of |
| 5. conditions | e. extra |
| 6. minimum | f. check |
| 7. exact | g. lowest level |
| 8. additional | h. sufficient |
| 9. roughly | i. illnesses |
| 10. daily | j. precise |

Discussion – Student A

- a) What do you think about what you read?
- b) What do you do to look after your health?
- c) Where's the best place to go for a walk?
- d) Do you prefer walking alone or with friends?
- e) Do you monitor your daily steps on your smartphone?
- f) Should we get off the bus a stop early?
- g) Is it important to have good walking shoes?
- h) What questions would you like to ask the researchers?

Phrase Match

- | | |
|---|--------------------------------|
| 1. people around the world monitor how many | a. life-threatening conditions |
| 2. live well | b. step count |
| 3. reduced the risk of dying | c. 30- to 45-minute walk |
| 4. cardiovascular diseases and other | d. good health |
| 5. 4,000 steps is roughly a | e. their daily routine |
| 6. They had an average | f. steps they walk |
| 7. Some people were in | g. age of 64 |
| 8. you must walk that exact | h. into old age |
| 9. a roughly 15 per cent lower risk of | i. from diabetes |
| 10. add at least one walk to | j. premature death |

Discussion – Student B

- How much do you like walking?
- How far do you walk every day?
- Do you think walking is a good form of exercise?
- How could you increase the number of steps you walk?
- Would you rather walk or run?
- How good is walking for our health?
- What's the farthest you could walk?
- Would you walk more to live longer?

Spelling

- nmtioor how many steps they walk
- laaynezd 17 studies
- the risk of dying from ibdteaes
- cardiovascular iaessdes
- other life-eteatrniing conditions
- ougrlhy a 30- to 45-minute walk
- an vreaage age of 64
- 4,000 steps were niefecibal
- a inimum amount
- walking an diaoitndal 1,000 steps
- a roughly 15 per cent lower risk of eptamurre death
- their daily iurtone

Answers – Synonym Match

1. f	2. d	3. h	4. a	5. i
6. g	7. j	8. e	9. b	10. c

Role Play

Role A – Walking

You think walking is the best way to live longer. Tell the others three reasons why. Tell them why their ways aren't as good. Also, tell the others which is the least effective of these (and why): sleep, good food or exercise.

Role B – Sleep

You think sleep is the best way to live longer. Tell the others three reasons why. Tell them why their ways aren't as good. Also, tell the others which is the least effective of these (and why): walking, good food or exercise.

Role C – Good Food

You think good food is the best way to live longer. Tell the others three reasons why. Tell them why their ways aren't as good. Also, tell the others which is the least effective of these (and why): sleep, walking or exercise.

Role D – Exercise

You think exercise is the best way to live longer. Tell the others three reasons why. Tell them why their ways aren't as good. Also, tell the others which is the least effective of these (and why): sleep, good food or walking.

Speaking – Longer Life

Rank these with your partner. Put the best ways to live longer at the top. Change partners often and share your rankings.

- | | |
|-------------|----------------|
| • Walking | • Laughter |
| • Sleep | • Exercise |
| • Medicine | • No stress |
| • Good food | • Having money |

Answers – True False

1	F	2	T	3	F	4	F	5	T	6	T	7	F	8	T
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Answers to Phrase Match and Spelling are in the text.