

Slow walking speed at 45 linked to faster ageing

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New research shows that people who walk more slowly at the age of 45 may be more likely to age faster. Scientists said that slower walkers who are in their forties and fifties could get older more quickly than faster walkers. This

ageing could be both physically and mentally. The scientists said walking speed could help doctors understand more about the age-related health problems that people have. Doctors already knew that older people who walked slowly were more likely to have health problems. They wanted to find out if this was the same for younger people. Researcher Terrie Moffitt said: "Doctors know that slow walkers in their 70s and 80s tend to die sooner than fast walkers their same age."

The researchers conducted a study and looked at test data of 904 people. The people in the tests had medical records of health checks from throughout their lives. For some participants, these records went back to when they were three years old. The researchers used data on the intelligence of the participants. They looked at how quickly people could calculate things and how good their memory was. They also did tests on the participants at different walking speeds. The scientists asked the participants to say the alphabet while walking at a normal speed and fast speed. They scanned the participants' brains and found that people who walked more slowly showed less brain activity while saying the alphabet.

Sources:
medicalnewstoday.com / medicalxpress.com / sky.com

Writing

Walking speed has no effect on how fast we age. Discuss.

Chat

Talk about these words from the article.

research / age / walkers / fifties / physically / mentally / health / problems / age / test / data / medical / participants / intelligence / memory / normal speed / alphabet

True / False

- The article said all 45-year-olds should walk faster. T / F
- The article said 50-year-olds walk faster than 40-year-olds. T / F
- The article said walking speed helps doctors understand health problems. T / F
- The article said slow 70-year-olds die sooner than fast 80-year-olds. T / F
- Researchers looked at data on 904 people. T / F
- Some participants in the study had health records from the age of three. T / F
- Researchers checked how well people could remember how to walk. T / F
- People in the study had to say the alphabet backwards. T / F

Synonym Match

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

- | | |
|------------------------|---------------------|
| 1. likely | a. carried out |
| 2. faster | b. earlier |
| 3. understand | c. discovered |
| 4. problems | d. quicker |
| 5. sooner | e. brain power |
| 6. conducted | f. difficulties |
| 7. throughout | g. probable |
| 8. intelligence | h. pace |
| 9. speed | i. know |
| 10. found | j. for the whole of |

Discussion – Student A

- How would you describe your walking?
- Why might slower walking be a sign of ageing?
- Will you walk faster from now on?
- How much walking do you do every day?
- What are the benefits of walking?
- Should we walk more to help the planet?
- Are car drivers who walk less more likely to age faster?
- How is walking good for your brain?

Phrase Match

- | | |
|---|-------------------------|
| 1. people who walk more | a. the alphabet |
| 2. This ageing could be both physically | b. the same |
| 3. more likely to | c. of 904 people |
| 4. find out if this was | d. and mentally |
| 5. tend | e. the participants |
| 6. looked at test data | f. have health problems |
| 7. medical | g. a normal speed |
| 8. the intelligence of | h. records |
| 9. while walking at | i. to die sooner |
| 10. while saying | j. slowly |

Discussion – Student B

- What do you think about what you read?
- What do you think of walking?
- What could you do to walk more in daily life?
- How quickly can you calculate things?
- How good is your memory?
- What three adjectives best describe this story?
- What would scans of your brain show?
- What questions would you like to ask the researchers?

Spelling

- new aescrrhe shows that
- more keliyl to age faster
- walkers who are in their stifoer
- both ypahycisl and mentally
- the age-teealdr health problems
- tend to die ernoos
- dudecocnt a study
- laedmci records
- rtuoghhuot their lives
- data on the geeinitncell
- how good their ymeomr was
- while saying the hbppteaa

Answers – Synonym Match

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

Role Play

Role A – Hearing Loss

You think hearing loss is the worst health problem for older people. Tell the others three reasons why. Tell them why their problems aren't as bad. Also, tell the others which is the least worrying of these (and why): joint pain, high blood pressure or incontinence.

Role B – Joint Pain

You think joint pain is the worst health problem for older people. Tell the others three reasons why. Tell them why their problems aren't as bad. Also, tell the others which is the least worrying of these (and why): hearing loss, high blood pressure or incontinence.

Role C – High Blood Pressure

You think high blood pressure is the worst health problem for older people. Tell the others three reasons why. Tell them why their problems aren't as bad. Also, tell the others which is the least worrying of these (and why): joint pain, hearing loss or incontinence.

Role D – Incontinence

You think incontinence is the worst health problem for older people. Tell the others three reasons why. Tell them why their problems aren't as bad. Also, tell the others which is the least worrying of these (and why): joint pain, high blood pressure or hearing loss.

Speaking – Health Problems

Rank these with your partner. Put the best worst health problems for older people at the top. Change partners often and share your rankings

- | | |
|-----------------------|----------------|
| • heart problems | • hearing loss |
| • wrinkles | • bad back |
| • high blood pressure | • joint pains |
| • incontinence | • memory loss |

Answers – True False

a	F	b	F	c	T	d	T	e	T	f	T	g	F	h	F
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Answers to Phrase Match and Spelling are in the text.