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Level 1 – 17th August 2023

Walking 4,000 steps a day linked to longer life

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<https://breakingnewsenglish.com/2308/230817-walking-for-longer-life-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2308/230817-walking-for-longer-life-1.html>

Many people check how many steps they walk every day. Research says 10,000 is enough for us to live longer. However, a new study says 4,000 steps could be enough. Researchers looked at 17 studies about how far people walked. They concluded that 4,000 steps per day lowered the risk of getting heart disease and other life-threatening conditions. Taking 4,000 steps is the same as a 30-minute walk, or about three to four kilometres.

Researchers looked at exercise data from 225,000 adults worldwide over seven years. The adults had an average age of 64. The lead researcher said 4,000 was not a "magic number". He added that the more steps you take, the better. Walking an additional 1,000 steps per day could cut the risk of an early death by 15 per cent. The researcher said people should add at least one walk to their daily routine.

Sources: <https://www.nytimes.com/2023/08/09/well/move/steps-walking-health-benefits.html>
<https://time.com/6302650/walking-4000-steps-improves-health/>
<https://www.medicalnewstoday.com/articles/the-more-you-walk-the-lower-your-risk-of-death-even-if-you-walk-fewer-than-5000-steps>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2308/230817-walking-for-longer-life-1.html>

PARAGRAPH ONE:

- | | |
|-------------------------|-----------------------|
| 1. how many steps they | a. be enough |
| 2. 10,000 is enough for | b. to four kilometres |
| 3. 4,000 steps could | c. heart disease |
| 4. how far | d. walk every day |
| 5. risk of getting | e. minute walk |
| 6. life-threatening | f. us to live longer |
| 7. the same as a 30- | g. conditions |
| 8. about three | h. people walked |

PARAGRAPH TWO:

- | | |
|------------------------------|---------------------|
| 1. Researchers looked | a. routine |
| 2. over | b. age of 64 |
| 3. The adults had an average | c. a magic number |
| 4. The lead | d. the better |
| 5. 4,000 was not | e. at exercise data |
| 6. the more steps you take, | f. researcher |
| 7. cut the risk of | g. seven years |
| 8. their daily | h. an early death |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2308/230817-walking-for-longer-life-1.html>

Many people (1) _____ steps they walk every day. Research says 10,000 is (2) _____ to live longer. However, a (3) _____ 4,000 steps could be enough. Researchers (4) _____ studies about how far people walked. They concluded that 4,000 steps per day (5) _____ of getting heart disease and other life-threatening conditions. Taking 4,000 steps is the same as a 30-minute walk, (6) _____ to four kilometres.

Researchers (7) _____ data from 225,000 adults worldwide over seven years. The adults had (8) _____ of 64. The lead researcher said 4,000 was not (9) _____. He added that the more steps you (10) _____. Walking an additional 1,000 steps per day could cut the (11) _____ early death by 15 per cent. The researcher said people should add at least one walk to (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2308/230817-walking-for-longer-life-1.html>

Manypeoplecheckhowmanystepstheywalkeveryday.Researchsays10,000isenoughforustolivelonger.However,anewstudysays4,000stepscouldbeenough.Researcherslookedat17studiesabouthowfarpeoplewalked.Theyconcludedthat4,000stepsperdayloweredtheriskofgettingheartdiseaseandotherlife-threateningconditions.Taking4,000stepsisthesameasa30-minutewalk,oraboutthreetofourkilometres.Researcherslookedatexercisedatafrom225,000adultsworldwideovertimeevenyears.Theadultshadanaverageageof64.Theleadresearchersaid4,000wasnota"magicnumber".Headdedthatthemorestepsyoutake,thebetter.Walkinganadditional1,000stepsperdaycouldcuttheriskofanearlydeathby15percent.Theresearcherssaidpeopleshouldaddatleastonewalktotheirdailyroutine.

WALKING SURVEY

From <https://breakingnewsenglish.com/2308/230817-walking-for-longer-life-4.html>

Write five GOOD questions about walking in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

