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Level 3 – 17th August 2023

Walking 4,000 steps a day linked to longer life

FREE online quizzes, mp3 listening and more for this lesson here:

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

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

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

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: <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>

WARM-UPS

1. WALKING: Students walk around the class and talk to other students about walking. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

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

Have a chat about the topics you liked. Change topics and partners frequently.

3. WALKING METRE: Students A **strongly** believe we should all have a walking metre so we know how much we walk; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. WALKING: How can we walk more in these situations? Would you do this? Complete this table with your partner(s). Change partners often and share what you wrote.

| | Walking More | Would You Do It? |
|---------------|--------------|------------------|
| Taking a bus | | |
| At work | | |
| At home | | |
| Shopping | | |
| In a building | | |
| In a park | | |

5. STEP: Spend one minute writing down all of the different words you associate with the word "step". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. 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
- Sleep
- Medicine
- Good food
- Laughter
- Exercise
- No stress
- Having money

VOCABULARY MATCHING

Paragraph 1

- | | |
|---------------------|--|
| 1. monitor | a. Examined something carefully and in detail. |
| 2. due to | b. Potentially deadly |
| 3. suggest | c. Look at and check the progress or quality of something over a period of time. |
| 4. well | d. Because of |
| 5. analyzed | e. Easily |
| 6. diabetes | f. A disease in which the body produces too much glucose in the blood. |
| 7. life-threatening | g. Cause one to think that something exists or is the case. |

Paragraph 2

- | | |
|----------------|---|
| 8. published | h. Extra |
| 9. data | i. Accurate or correct in all details. |
| 10. average | j. A judgement or decision reached by thinking. |
| 11. conclusion | k. Of a book, journal, piece of music, etc. that is sold. |
| 12. exact | l. Happening or done before the usual or proper time; too early. |
| 13. additional | m. Facts and statistics collected together for reference or analysis. |
| 14. premature | n. A number showing the normal or usual thing. |

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

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**

2. 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 |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|---|--------------------------------|
| 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 |

GAP FILL

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

Many people around the world (1) _____ how many steps they walk every day. This is (2) _____ to studies that suggest 10,000 steps a day is (3) _____ to help us stay healthy and live longer. A new study says just 4,000 steps a day could be the (4) _____ number for us to live well into old (5) _____. Researchers from the Johns Hopkins University of Medicine analyzed 17 studies that looked at how (6) _____ people walked during the week. The scientists concluded that 4,000 steps per day reduced the risk of (7) _____ from diabetes, cardiovascular diseases and other life-threatening conditions. Study author Dr Seth Shay Martin said 4,000 steps is (8) _____ a 30- to 45-minute walk, or about three to four kilometres.

due
far
magic
roughly
monitor
dying
enough
age

The study is (9) _____ in the European Journal of Preventive Cardiology. The research looked at health and exercise (10) _____ from more than 225,000 adults worldwide over seven years. They had an (11) _____ age of 64. Some people were in good health, while others (12) _____ from heart problems. Dr Martin said his conclusion that 4,000 steps were beneficial was a minimum (13) _____. He said: "I wouldn't want people to look at that as a magical number, that you must walk that (14) _____ 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 (15) _____ of premature death. He said people should add at least one walk to their (16) _____ routine.

amount
data
exact
daily
suffered
published
risk
average

LISTENING – Guess the answers. Listen to check.

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

- 1) Many people around the world monitor how many steps they _____
 - a. walks every day
 - b. walk a very day
 - c. walk aviary day
 - d. walk every day
- 2) This is due to studies that suggest 10,000 steps a _____
 - a. days is enough
 - b. day was enough
 - c. day is enough
 - d. day isn't enough
- 3) A new study says just 4,000 steps a day could be _____
 - a. the magic numeral
 - b. the magic numb bar
 - c. the magic numb burr
 - d. the magic number
- 4) analyzed 17 studies that looked at how far people walked _____
 - a. enduring the week
 - b. chewing the week
 - c. injuring the week
 - d. during the week
- 5) diabetes, cardiovascular diseases and other _____
 - a. life-threatens in conditions
 - b. life-treating conditions
 - c. life-threat anon conditions
 - d. life-threatening conditions
- 6) The research looked at health and exercise data from more _____
 - a. than 225,000 adults
 - b. than 225,000 adultery
 - c. than 225,000 adulterers
 - d. than 225,000 adulterates
- 7) They had an average age of 64. Some people were _____
 - a. in goods health
 - b. in good health
 - c. in goodly health
 - d. in goo health
- 8) Dr Martin said his conclusion that 4,000 steps were beneficial was _____
 - a. a minimal amount
 - b. a mini mum amount
 - c. a mini mummy mount
 - d. a minimum amount
- 9) people to look at that as a magical number, that you must walk that _____
 - a. exact steep count
 - b. exact step account
 - c. exact step count
 - d. exactly step count
- 10) He said people should add at least one walk to _____
 - a. their daily route teen
 - b. their daily routine
 - c. their daily root teen
 - d. their daily looting

LISTENING – Listen and fill in the gaps

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

Many people around the (1) _____ many steps they walk every day. This is due to studies that suggest 10,000 steps a (2) _____ 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 (3) _____ age. Researchers from the Johns Hopkins University of Medicine analyzed 17 studies that looked (4) _____ people walked during the week. The scientists concluded that 4,000 steps per day reduced the (5) _____ from diabetes, cardiovascular diseases and other life-threatening conditions. Study author Dr Seth Shay Martin said 4,000 steps (6) _____ 30- to 45-minute walk, or about three to four kilometres.

The study (7) _____ the European Journal of Preventive Cardiology. The research looked at health (8) _____ from more than 225,000 adults worldwide over seven years. They had an average age of 64. Some people were in good health, while (9) _____ heart problems. Dr Martin said his conclusion that 4,000 steps were beneficial was (10) _____. He said: "I wouldn't want people to look at that as a magical number, that you must walk that (11) _____. 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 (12) _____ one walk to their daily routine.

COMPREHENSION QUESTIONS

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

1. Who monitors the number of steps they walk?
2. What might a magic number allow us to do?
3. How many studies did the researchers look at?
4. What diseases might walking 4,000 steps a day reduce the risk of?
5. How long might it take to walk 4,000 steps?
6. How many adults were part of the study?
7. What was the average age of the people in the study?
8. What did the lead researcher say was better?
9. By how much might an additional 1,000 steps cut the risk of early death?
10. What should people add to their daily routine?

MULTIPLE CHOICE - QUIZ

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

- 1) Who monitors the number of steps they walk?
 - a) many people around the world
 - b) old people
 - c) athletes
 - d) people with heart problems
- 2) What might a magic number allow us to do?
 - a) do magic
 - b) be rich
 - c) live well into old age
 - d) walk longer distances
- 3) How many studies did the researchers look at?
 - a) 16
 - b) 17
 - c) 18
 - d) 19
- 4) What diseases might walking 4,000 steps a day reduce the risk of?
 - a) deadly diseases
 - b) curable diseases
 - c) tropical diseases
 - d) cardiovascular diseases
- 5) How long might it take to walk 4,000 steps?
 - a) 30-45 minutes
 - b) 25-30 minutes
 - c) 40-45 minutes
 - d) 45-55 minutes
- 6) How many adults were part of the study?
 - a) about 225,000
 - b) fewer than 225,000
 - c) exactly 225,000
 - d) more than 225,000
- 7) What was the average age of the people in the study?
 - a) 65
 - b) 64
 - c) 63
 - d) 62
- 8) What did the lead researcher say was better?
 - a) walking slow
 - b) walking fast
 - c) walking boots
 - d) more (walking)
- 9) By how much might an additional 1,000 steps cut the risk of early death?
 - a) exactly 15%
 - b) just over 15%
 - c) roughly 15%
 - d) just under 15%
- 10) What should people add to their daily routine?
 - a) 4,000 more steps
 - b) at least one walk
 - c) monitoring their steps
 - d) a walk in a park

ROLE PLAY

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

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.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'walking' and 'life'.

| | |
|----------------|-------------|
| walking | life |
|----------------|-------------|

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

| | |
|--|---|
| <ul style="list-style-type: none">• monitor• stay• magic• far• dying• three | <ul style="list-style-type: none">• data• seven• conclusion• exact• lower• daily |
|--|---|

WALKING SURVEY

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

WALKING DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'walk'?
3. How much do you like walking?
4. How far do you walk every day?
5. Do you think walking is a good form of exercise?
6. How could you increase the number of steps you walk?
7. Would you rather walk or run?
8. How good is walking for our health?
9. What's the farthest you could walk?
10. Would you walk more to live longer?

Walking 4,000 steps a day linked to longer life – 17th August 2023
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WALKING DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'life'?
13. What do you think about what you read?
14. What do you do to look after your health?
15. Where's the best place to go for a walk?
16. Do you prefer walking alone or with friends?
17. Do you monitor your daily steps on your smartphone?
18. Should we get off the bus a stop early?
19. Is it important to have good walking shoes?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

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

Many people around the world (1) _____ how many steps they walk every day. This is (2) _____ 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 (3) _____ to live well into old age. Researchers from the Johns Hopkins University of Medicine analyzed 17 studies that looked at how far people walked (4) _____ the week. The scientists concluded that 4,000 steps per day reduced the risk (5) _____ dying from diabetes, cardiovascular diseases and other life-threatening conditions. Study author Dr Seth Shay Martin said 4,000 steps is (6) _____ 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 (7) _____ from more than 225,000 adults worldwide over seven years. They had an average age (8) _____ 64. Some people were in good health, while others suffered from heart problems. Dr Martin said his conclusion that 4,000 steps were (9) _____ was a minimum amount. He said: "I wouldn't want people to look at that as a magical number, that you must walk that (10) _____ step count. More is better." He added that walking an additional 1,000 steps per day is associated (11) _____ a roughly 15 per cent lower risk of premature death. He said people should add at (12) _____ one walk to their daily routine.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|-------------|----------------|---------------|------------------|
| 1. | (a) meant | (b) monument | (c) manner | (d) monitor |
| 2. | (a) that | (b) because | (c) what | (d) due |
| 3. | (a) we | (b) us | (c) all | (d) them |
| 4. | (a) last | (b) next | (c) during | (d) all |
| 5. | (a) as | (b) to | (c) of | (d) by |
| 6. | (a) roughly | (b) standard | (c) mean | (d) average |
| 7. | (a) number | (b) data | (c) statistic | (d) figure |
| 8. | (a) of | (b) by | (c) as | (d) on |
| 9. | (a) benefit | (b) beneficial | (c) benefits | (d) beneficially |
| 10. | (a) enact | (b) action | (c) exact | (d) tact |
| 11. | (a) on | (b) to | (c) with | (d) but |
| 12. | (a) lost | (b) lest | (c) last | (d) least |

SPELLING

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

Paragraph 1

1. nmtioor how many steps they walk
2. laaynezd 17 studies
3. the risk of dying from ibdteaes
4. cardiovascular iaessdes
5. other life-eteatrnihng conditions
6. ougrlhy a 30- to 45-minute walk

Paragraph 2

7. an vreaage age of 64
8. 4,000 steps were niefecibal
9. a inimmum amount
10. walking an diaoitndal 1,000 steps
11. a roughly 15 per cent lower risk of eptamurre death
12. their daily iurtone

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () 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
- () conclusion that 4,000 steps were beneficial was a minimum amount. He said: "I wouldn't want people
- () age. Researchers from the Johns Hopkins University of Medicine analyzed 17 studies that looked
- () 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.
- (**1**) Many people around the world monitor how many steps they walk every day. This is due
- () better." He added that walking an additional 1,000 steps per day is associated with a roughly 15 per cent lower
- () age of 64. Some people were in good health, while others suffered from heart problems. Dr Martin said his
- () day reduced the risk of dying from diabetes, cardiovascular diseases and other life-threatening
- () at how far people walked during the week. The scientists concluded that 4,000 steps per
- () risk of premature death. He said people should add at least one walk to their daily routine.
- () to look at that as a magical number, that you must walk that exact step count. More is
- () 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

PUT THE WORDS IN THE RIGHT ORDER

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

1. they steps every many how day . Monitor walk
2. steps is They a 10,000 day suggest enough .
3. for well . magic The to us live number
4. walked . that how Studies looked people far at
5. Diabetes, cardiovascular and life-threatening diseases conditions . other
6. than more from 225,000 Exercise adults worldwide . data
7. age They 64 . average of an had
8. exact You walk count . step that must
9. risk death . 15 per cent premature of lower cent roughly A
10. at least one walk . add should People

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Many people around the world monitor how many steps they walk every *daily / day*. This is due to studies that *suggestion / suggest* 10,000 steps a day is enough to help us stay healthy and live *lengthen / longer*. A new study says just 4,000 steps a day could be the *magic / magician* number for us to live *good / well* into old age. Researchers from the Johns Hopkins University of Medicine analyzed 17 *studies / studios* that looked at how far people walked *daring / during* the week. The scientists concluded that 4,000 steps per day reduced the risk *for / of* dying from diabetes, cardiovascular diseases and other life-threatening *conditions / condition*. Study author Dr Seth Shay Martin said 4,000 steps is *roughly / rough* 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 *to / at* health and exercise data from more than 225,000 adults worldwide *under / over* seven years. They had an average age of 64. Some people were in *good / well* health, while others suffered *for / from* heart problems. Dr Martin said his conclusion that 4,000 steps were *beneficial / benefit* was a minimum amount. He said: "I wouldn't want people to look at *that / what* as a magical number, that you must walk that *exactly / exact* step count. More is better." He added that walking an *additional / addition* 1,000 steps per day is associated *on / with* a roughly 15 per cent lower risk of premature *die / death*. He said people should add at *least / last* one walk to their daily routine.

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

INSERT THE VOWELS (a, e, i, o, u)

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

M_ny p__pl_ _r__nd th_ w_rld m_n_t_r h_w m_ny st_ps
th_y w_lk _v_ry d_y. Th_s _s d__ t_ st_d__s th_t
s_gg_st 10,000 st_ps _ d_y _s _n__gh t_ h_lp _s st_y
h__lthy _nd l_v_ l_ng_r. _ n_w st_dy s_ys j_st 4,000
st_ps _ d_y c__ld b_ th_ m_g_c n_mb_r f_r _s t_
l_v_ w_ll _nt_ _ld _g_. R_s__rch_rs fr_m th_ J_hns
H_pk_ns _n_v_rs_ty _f M_d_c_n_ _n_lyz_d 17 st_d__s
th_t l__k_d _t h_w f_r p__pl_ w_lk_d d_rng th_
w__k. Th_ sc__nt_sts c_ncl_d_d th_t 4,000 st_ps p_r
d_y r_d_c_d th_ r_sk _f dy_ng fr_m d__b_t_s,
c_rd__v_sc_l_r d_s__s_s _nd _th_r l_f_-thr__t_nng
c_nd_t__ns. St_dy __th_r Dr S_th Sh_y M_rt_n s__d
4,000 st_ps _s r__ghly _ 30- t_ 45-m_n_t_ w_lk, _r
_b__t thr__ t_ f__r k_l_m_tr_s.

Th_ st_dy _s p_bl_sh_d _n th_ __r_p__n J__rn_l _f
Pr_v_nt_v_ C_rd__l_gy. Th_ r_s__rch l__k_d _t h__lth
_nd _x_rc_s_ d_t_ fr_m m_r_ th_n 225,000 _d_lts
w_rldw_d_ _v_r s_v_n y__rs. Th_y h_d _n _v_r_g_ _g_
_f 64. S_m_ p__pl_ w_r_ _n g__d h__lth, wh_l_ _th_rs
s_ff_r_d fr_m h__rt pr_bl_ms. Dr M_rt_n s__d h_s
c_ncl_s__n th_t 4,000 st_ps w_r_ b_n_f_c__l w_s _
m_n_m_m _m__nt. H_ s__d: "_ w__ldn't w_nt p__pl_
t_ l__k _t th_t _s _ m_g_c_l n_mb_r, th_t y__ m_st
w_lk th_t _x_ct st_p c__nt. M_r_ _s b__tt_r." H_ _dd_d
th_t w_lkng _n _dd_t__n_l 1,000 st_ps p_r d_y _s
_ss_c__t_d w_th _ r__ghly 15 p_r c_nt l_w_r r_sk _f
pr_m_t_r_ d__th. H_ s__d p__pl_ sh__ld _dd _t l__st
n w_lk t_ th__r d__ly r__t_n_.

PUNCTUATE THE TEXT AND ADD CAPITALS

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

many people around the world monitor how many steps they walk every day this is due to studies that suggest 10000 steps a day is enough to help us stay healthy and live longer a new study says just 4000 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 4000 steps per day reduced the risk of dying from diabetes cardiovascular diseases and other lifethreatening conditions study author dr seth shay martin said 4000 steps is roughly a 30 to 45minute 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 225000 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 4000 steps were beneficial was a minimum amount he said i wouldnt 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 1000 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

PUT A SLASH (/) WHERE THE SPACES ARE

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

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 Martins 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 Martins 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 percent lower risk of premature death. He said people should add at least one walk to their daily routine.

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. WALKING: Make a poster about walking. Show your work to your classmates in the next lesson. Did you all have similar things?

4. WALKING CLUBS: Write a magazine article about governments setting up walking clubs to keep people healthy. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on walking. Ask him/her three questions about it. Give him/her three of your ideas on how we can walk more. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. c 2. d 3. g 4. e 5. a 6. f 7. b
8. k 9. m 10. n 11. j 12. i 13. h 14. l

TRUE / FALSE (p.5)

- 1 F 2 T 3 F 4 F 5 T 6 T 7 F 8 T

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

1. Many people around the world
2. Live well into old age
3. Seventeen
4. Cardiovascular diseases
5. 30-45 minutes
6. More than 225,000
7. 64
8. More (walking)
9. Roughly 15%
10. At least one walk

WORDS IN THE RIGHT ORDER (p.19)

1. Monitor how many steps they walk every day.
2. They suggest 10,000 steps a day is enough.
3. The magic number for us to live well.
4. Studies that looked at how far people walked.
5. Diabetes, cardiovascular diseases and other life-threatening conditions.
6. Exercise data from more than 225,000 adults worldwide.
7. They had an average age of 64.
8. You must walk that exact step count.
9. A roughly 15 per cent lower risk of premature death.
10. People should add at least one walk.

MULTIPLE CHOICE - QUIZ (p.10)

1. a 2. c 3. b 4. d 5. a 6. d 7. b 8. d 9. c 10. b

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)