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**Level 0 – 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-0.html>

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**Please try Levels 1, 2 and 3. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2308/230817-walking-for-longer-life-0.html>

Many of us check how many steps we walk every day.

Research says 10,000 help us to live longer. A new study says 4,000 steps is enough. Researchers said 4,000 steps lowered the risk of getting heart disease. Taking 4,000 steps is the same as a 30-minute walk, or walking about four kilometres.

Researchers looked at data from 225,000 adults over seven years. The adults had an average age of 64. The lead researcher said 4,000 was not a "magic number". He said the more steps you take, the better. Walking an extra 1,000 steps per day could cut the risk of an early death by 15 per cent.

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-0.html>

## PARAGRAPH ONE:

- |                        |                      |
|------------------------|----------------------|
| 1. how many steps we   | a. 30-minute walk    |
| 2. 10,000 help         | b. is enough         |
| 3. 4,000 steps         | c. steps             |
| 4. 4,000 steps lowered | d. four kilometres   |
| 5. getting heart       | e. us to live longer |
| 6. Taking 4,000        | f. disease           |
| 7. the same as a       | g. walk every day    |
| 8. walking about       | h. the risk          |

## PARAGRAPH TWO:

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

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2308/230817-walking-for-longer-life-0.html>

(1) \_\_\_\_\_ check how many steps we walk every day. Research says 10,000 help us (2) \_\_\_\_\_. A new study says 4,000 (3) \_\_\_\_\_. Researchers said 4,000 steps (4) \_\_\_\_\_ of getting heart disease. Taking 4,000 steps (5) \_\_\_\_\_ as a 30-minute walk, or walking (6) \_\_\_\_\_.

Researchers (7) \_\_\_\_\_ from 225,000 adults over seven years. The adults (8) \_\_\_\_\_ age of 64. The lead researcher said 4,000 was not (9) \_\_\_\_\_. He said the more steps you (10) \_\_\_\_\_. Walking an extra 1,000 (11) \_\_\_\_\_ could cut the risk of an (12) \_\_\_\_\_ 15 per cent.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2308/230817-walking-for-longer-life-0.html>

Many of us check how many steps we walk every day. Research says 10,000 help us to live longer. A new study says 4,000 steps is enough. Researchers said 4,000 steps lowered the risk of getting heart disease. Taking 4,000 steps is the same as a 30-minute walk, or walking about four kilometres. Researchers looked at data from 225,000 adults over seven years. The lead researcher said 4,000 was not a "magic number". He said the more steps you take, the better. Walking an extra 1,000 steps per day could cut the risk of an early death by 15 percent.

# WALKING SURVEY

From <https://breakingnewsenglish.com/2308/230817-walking-for-longer-life-0.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) \_\_\_\_\_

*Walking 4,000 steps a day linked to longer life – 17th August 2023*  
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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) \_\_\_\_\_

