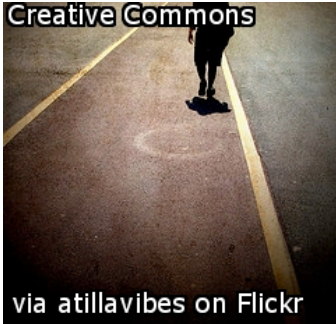


Quarter of Brits walk an hour a week

8th May, 2013

Creative Commons



via atillavibes on Flickr

Research has found that 25 per cent of British people walk for less than one hour each week. That's just nine minutes a day. Another 43 per cent walked for less than two hours per week. This research suggests people need to do more exercise.

The British government recommends 150 minutes of physical activity every week. Most British people are doing less than this. The research is from an online survey of 2,021 adults. People answered questions about how far they walked a week. This included walking to work, schools or to local shops. Increasing numbers of people are using their cars instead of their feet, and playing games on video and computer screens rather than in sports centres and parks.

Britain's largest walking charity said the research showed that there was an 'inactivity pandemic' in Britain. More and more people are avoiding any physical exercise. The charity said: "Walking is the key to helping reverse this pandemic of inactivity." It added: "We want people all over Britain to join the walking revolution....Walking is one of the most accessible and achievable ways to truly conquer this inactivity." Politician Diane Abbott said the research was a 'worrying' indication of the nation's health. She said: "We need to plan activity into the way buildings are designed. The first thing you see in a building is often a lift [elevator], then you have to look for the stairs. It should be the other way around."

Sources: BBC / Grough.co.uk

Writing

People who exercise regularly should get cheaper health care and medicine. Discuss.

Chat

Talk about these words from the article.

research / British people / more exercise / physical activity / online survey / parks / charity / pandemic / reverse / inactivity / revolution / worrying / designed

True / False

- A quarter of British people walk for just nine minutes a day. T / F
- 43% of British people walk less than two hours a week. T / F
- 20,000 British adults took a survey about their exercise. T / F
- People could not include walking to shops as part of their walking total. T / F
- A charity said inactivity was a serious problem around Britain. T / F
- The charity said walking could do a lot to turn round this inactivity. T / F
- A politician said the research was nothing to be worried about. T / F
- The politician said elevators should be in front of stairs in buildings. T / F

Synonym Match

- | | |
|----------------|----------------------|
| 1. found | a. laziness |
| 2. suggests | b. instead of |
| 3. online | c. staying away from |
| 4. increasing | d. indicates |
| 5. rather than | e. beat |
| 6. inactivity | f. discovered |
| 7. avoiding | g. elevator |
| 8. accessible | h. growing |
| 9. conquer | i. Internet |
| 10. lift | j. available |

Discussion – Student A

- How can governments get people to exercise more?
- Is being lazy a better feeling than exercising?
- Is our modern life making people lazier?
- Would you like to join a walking revolution?
- Should buildings be designed to make people walk?
- Is shopping good exercise?
- How can we stop people using elevators (lifts)?
- What questions would you like to ask the head of the charity?

Phrase Match

- | | |
|--------------------------------------|---------------------------|
| 1. walk for less than one hour | a. 150 minutes |
| 2. research suggests people need | b. reverse this pandemic |
| 3. The British government recommends | c. instead of their feet |
| 4. local | d. buildings are designed |
| 5. using their cars | e. to do more exercise |
| 6. Walking is the key to helping | f. way around |
| 7. a 'worrying' indication | g. each week |
| 8. the way | h. shops |
| 9. The first thing | i. of the nation's health |
| 10. It should be the other | j. you see in a building |

Discussion – Student B

- How much walking do you do each week?
- Do you like walking?
- What could you do less of to walk more?
- What do you think of people walking less than 9 minutes a day?
- Is it easy to do more than 150 minutes of exercise a week?
- What exercise do you do?
- How lazy are you?
- Is your country full of lazy or active people?

Spelling

- just nine esutnim a day
- research gssgeust people need to do more
- clsahiyp activity
- an online vusery of 2,021 adults
- This cieddlun walking to work
- using their cars taedisn of their feet
- Britain's largest walking ciryhat
- Walking is the key to helping reveers this
- one of the most ciscbseela and achievable ways
- qunorec this inactivity
- the way buildings are dsendeig
- often a lift / eoerlatv

Answers – Synonym Match

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

Role Play

Role A – Walker

You think walking is the best exercise in the world. Tell the others three reasons why. Tell them things that are wrong with their activity. Also, tell the others which is the worst of these (and why): running, swimming or cycling.

Role B – Runner

You think running is the best exercise in the world. Tell the others three reasons why. Tell them things that are wrong with their activity. Also, tell the others which is the worst of these (and why): swimming, cycling or walking.

Role C – Cyclist

You think cycling is the best exercise in the world. Tell the others three reasons why. Tell them things that are wrong with their activity. Also, tell the others which is the worst of these (and why): running, swimming or walking.

Role D – Swimmer

You think swimming is the best exercise in the world. Tell the others three reasons why. Tell them things that are wrong with their activity. Also, tell the others which is the worst of these (and why): running, cycling or walking.

Speaking - Exercise

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

- | | |
|----------------|------------------------|
| • Nintendo Wii | • walking |
| • gardening | • aerobics |
| • swimming | • skipping |
| • table tennis | • push ups and sit ups |

Answers – True False

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