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Level 2 – 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-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2308/230817-walking-for-longer-life-2.html>

Many people monitor how many steps they walk every day. Research suggests that 10,000 steps a day is enough for us to stay healthy and live longer. A new study says just 4,000 steps a day could be enough for us to live to an old age. Researchers analyzed 17 studies that looked at how far people walked during the week. They concluded that 4,000 steps per day lowered the risk of dying from diabetes, heart diseases and other life-threatening conditions. The study said 4,000 steps is the same as a 30- to 45-minute walk, or about three to four kilometres.

The study is published in a cardiology journal. Researchers looked at exercise data from 225,000 adults worldwide over seven years. The adults had an average age of 64 and had different levels of health. The lead researcher said 4,000 steps was enough, but it wasn't a "magic number". He added that the more steps you take, the better. He also said walking an additional 1,000 steps per day could lead to a roughly 15 per cent lower risk of premature death. 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-2.html>

PARAGRAPH ONE:

- | | |
|--------------------------|--------------------|
| 1. people monitor | a. four kilometres |
| 2. enough for us | b. during the week |
| 3. live to | c. diseases |
| 4. how far people walked | d. conditions |
| 5. lowered the risk | e. to stay healthy |
| 6. heart | f. how many |
| 7. life-threatening | g. an old age |
| 8. about three to | h. of dying |

PARAGRAPH TWO:

- | | |
|------------------------------|-------------------------|
| 1. The study is published in | a. routine |
| 2. exercise data from | b. of health |
| 3. The adults had an average | c. 225,000 adults |
| 4. different levels | d. the better |
| 5. it wasn't a magic | e. a cardiology journal |
| 6. the more steps you take, | f. death |
| 7. premature | g. age of 64 |
| 8. their daily | h. number |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2308/230817-walking-for-longer-life-2.html>

Many people (1) _____ steps they walk every day. Research suggests that 10,000 steps a day (2) _____ us to stay healthy and live longer. A new study says just 4,000 steps a day could be enough for us to live to (3) _____. Researchers analyzed 17 studies that looked at how far people walked (4) _____. They concluded that 4,000 steps per day lowered the (5) _____ from diabetes, heart diseases and other life-threatening conditions. The study said 4,000 steps is the same as a 30- to 45-minute walk, (6) _____ to four kilometres.

The study (7) _____ a cardiology journal. Researchers looked (8) _____ from 225,000 adults worldwide over seven years. The adults had an average age of 64 and had different levels of health. The lead researcher said 4,000 steps was enough, but it wasn't (9) _____. He added that the more (10) _____, the better. He also said walking an additional 1,000 steps per day could lead to a roughly 15 per cent (11) _____ premature death. The researcher said people should (12) _____ one walk to their daily routine.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2308/230817-walking-for-longer-life-2.html>

Manypeoplemonitorhowmanystepstheywalkeveryday.Researchsug
geststhat10,000stepsadayisenoughforustostayhealthyandlivelong
er.Anewstudysaysjust4,000stepsadaycouldbeenoughforustoliveto
anoldage.Researchersanalyzed17studiesthatlookedathowfarpeople
walkedduringtheweek.Theyconcludedthat4,000stepsperdaylowere
dtheriskofdyingfromdiabetes,heartdiseasesandotherlife-threate
ningconditions.Thestudysaid4,000stepsisthesameasa30-to45-mi
nutewalk,oraboutthreetofourkilometres.Thestudyispublishedinacar
diologyjournal.Researcherslookedatexercisedatafrom225,000adult
sworldwideoversevenyears.Theadultshadanaverageageof64andha
ddifferentlevelsofhealth.Theleadresearchersaid4,000stepswaseno
ugh,butitwasn'ta"magicnumber".Headdedthatthemorestepsyoutak
e,thebetter.Healsosaidwalkinganadditional1,000stepsperdaycouldl
eadtoaroughly15percentlowerriskofprematuredeath.Theresearcher
rsaidpeopleshouldaddatleastonewalktotheirdailyroutine.

WALKING SURVEY

From <https://breakingnewsenglish.com/2308/230817-walking-for-longer-life-2.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) _____

