Walking linked to longer life.

Many people around the world monitor how many steps they walk every day.
Listen and choose:

1) Which could be the "magic number" of steps?

a) 4000
b) 10000

2) What might this walking allow us to do?
a) live well into old age
b) improve health in general

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

LIVEWORKSHEETS