

BEFORE YOU WATCH

1 Work in groups. Which of the activities in the box do you think is the best type of exercise? Why? Rank them in order 1–8.

cycling dancing playing football playing tennis
running swimming walking yoga

2 Read the article. Choose the best summary (a, b or c).

a Walking is an easier type of exercise than running.
b Walking is good for physical and mental health.
c Walking can make you feel happier.

3 Read the article again. Are the sentences true (T) or false (F)?

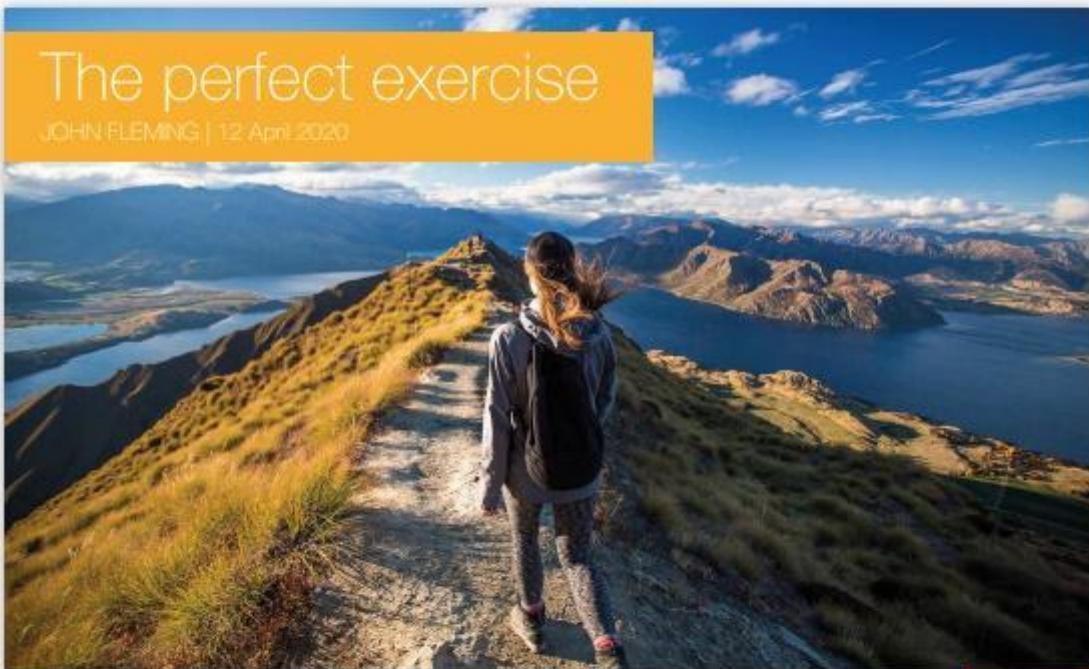
1 Lots of people think walking is the best exercise. _____
2 You need to wear special walking trainers. _____
3 Walking slowly for thirty minutes each day is good for your health. _____
4 Walking is only good for your body. _____
5 Walking can help you meet new people. _____
6 Spending time outside makes you feel relaxed. _____

4 a In the video, the reporter meets a group of people who go walking together. What do you think they enjoy about walking in the countryside?

b Watch the video and check your ideas.

The perfect exercise

JOHN FLEMING | 12 April 2020



Lots of people think that they need to join a gym or start running if they want to do more exercise and be healthier, but walking is very good for you. In fact, many people think walking is better than any other form of exercise.

Walking is a great way to exercise because it's simple, it's free and you can do it anywhere. Most people of all ages can walk for exercise and all you need is a pair of comfortable shoes. It's easy to make walking part of your daily life, for example, you can walk part of the way to work or walk to the shops. You don't need to walk for a long time – a fast walk for half an hour a day helps you get stronger, healthier and have more energy.

As well as being good for your body, walking is also really good for your mental health. It helps you feel less stressed and happier. It also helps you sleep better and make new friends. You also spend more time outside when you're walking and spending more time in places like parks or forests has lots of mental health benefits.

WHILE YOU WATCH

5 Watch the video again and tick (✓) the features you see.

<input type="checkbox"/>	a beach	<input type="checkbox"/>	a river
<input type="checkbox"/>	countryside	<input type="checkbox"/>	mud
<input type="checkbox"/>	an island	<input type="checkbox"/>	the sea
<input type="checkbox"/>	mountains	<input type="checkbox"/>	fields
<input type="checkbox"/>	trees	<input type="checkbox"/>	a castle

6 a Work in pairs and choose the correct answers (a or b).

- 1 According to Esme, why is living in cities stressful?
a you have to work long hours for low pay
b the trains are crowded and people rush about
- 2 Who are the Metropolitan Walkers?
a a group of people of all ages from London
b a group of young people from London
- 3 How long does it take to walk to Bodiam Castle?
a five or six hours b six or seven hours
- 4 How many people are in the Met Walkers?
a about 700 b about 800
- 5 Where does the group go walking?
a the countryside, the coast and the city
b the countryside, the mountains and the forest
- 6 According to one walker, what is the worst thing about rain?
a the mud b getting wet
- 7 Where do they have lunch?
a in a café b outside in the rain
- 8 How does Esme feel at the end of the walk?
a less stressed and happy b cold and tired

b Watch the video again to check your answers.

7 Watch the video again. Complete the sentences with no more than one word or a number.

- 1 There are lots of good things about living in a city, for example more _____ and better transport.
- 2 Rebecca says there's no such thing as bad _____, only bad clothes.
- 3 One of the women enjoys the walks because she has a very _____ job.
- 4 The group spend some _____ together both in the UK and in other countries.
- 5 As well as walking, people in the group make friends and some people find _____.
- 6 Esme usually spends the weekend at _____.

AFTER YOU WATCH

8 Work in pairs. Discuss the questions.

- 1 Do you think that the walk looked fun? Why/Why not?
- 2 Do you like going for long walks in the countryside?
- 3 Do you think it's important to escape the city and spend time in nature?

9 a Imagine that you are taking your classmates for a long walk somewhere near your home. Plan where you're going to take them and make notes about the following:

- where you're going to walk
- how long the walk is
- where you're going to have lunch
- what things you're going to see on the walk

b Work in groups. Take it in turns to tell your group about the walk you planned in Exercise 9a. Vote on which walk you want to go on the most.

c Tell the rest of the class which walk you chose and why.

