

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