

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