

# It's in the news

## Texting while walking is dangerous



Writing text messages and walking is dangerous. It is more dangerous than driving and texting. More people get injured while walking than driving. Walking in a straight line is not easy. We can forget how to walk properly. Dangerous things can happen. We run into people or cars. We fall over things in the street.

There are a few reasons why texting and walking is dangerous. People cannot see when they look at their keyboard. Their minds are somewhere else – they are not thinking about walking safely. Thousands of people have accidents. Some have serious head injuries.

## Too much jogging could be a problem!



Running is good for our health. A recent study says that running too much is bad for us and it doesn't always make our lives longer. A specialist said too much running can damage your heart. Long-distance runners and people who never exercise can have the same risk of having a heart attack.

Experts looked at the health of 3,300 runners. Most of them ran over 30 kilometres a week. Marathon runners had hard parts in their heart. A doctor who started running in 1967 is sad. He ran 60 kilometres every week. He thought his heart was strong. Now he has heart problems. He said we should exercise, but not too much.

## Test

**Choose the correct answer.**

1. Texting while walking is ...
  - a. safer than driving and texting
  - b. worse than driving and texting
  - c. as dangerous as driving and texting
  
2. Some people can be hurt in their ...

- a. heads
  - b. backs
  - c. Hands
3. Too much running could make our lives ...
- a. safer
  - b. shorter
  - c. happier
4. How many runners did the researchers look at?
- a. Thirteen hundred
  - b. Thirty-three thousand
  - c. Three thousand three hundred
5. A doctor who started running in nineteen sixty-seven ...
- a. is very happy
  - b. said some exercise is good
  - c. thought his heart wasn't strong