This is the transcription of a Podcast by Amanda Forsythe. It has been divided in two parts, with different questions for each.

Read the text and answer the questions.

PART ONE

Hello. My name is Amanda Forsythe and this is one of a series of podcasts about how to upgrade your life. We typically think of upgrading as buying something better or downloading something new. If a friend told us she'd upgraded her TV, for instance, we'd imagine that she'd bought a new TV with a bigger screen and better features. But obviously we can't buy or download a better life, right? So what do I mean when I talk about upgrading your life?

I'm going to be talking about how you can improve your life by adopting simple habits. All of the life upgrades I'm going to discuss meet three ***fundamentally – fundament – fundaments - fundamental*** criteria. First, they are all based on evidence and research. I won't suggest anything that hasn't been documented and proven, OK? Second, the life upgrades I'm going to share cost nothing—or almost nothing—and don't need a big time commitment. And finally, the life upgrades are all ones I have personally tried and found to be beneficial, yeah?

1. **Why does Amanda mention buying a new TV?**
    a) To sow that relaxing is better for your health
    b) To spark curiosity about the topic of the podcast
    c) To give an example of what is commonly understood as "upgrading"
    d) All of the above
    e) None of the above
2. **She says that all of her suggestions are based on evidence, are cheap and easy to do, and are ones that she has tried herself. Why do you think she mentions these three things at the start of her podcast?**
    a) Probably because she wants the listeners to trust her message
    b) Because she thinks her listeners are all lazy
    c) To make sure that she catches the attention of unemployed listeners
    d) All of the above
    e) None of the above

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3. The podcast is about improving your life by taking up simple habits. What are some habits you think she might discuss?

f) Going to the gym very early, before work/school

g) Using house chores as exercise and meditation time

h) Eating better and saving money

i) All of the above

j) None of the above

PART TWO

OK, what if I told you about something that would lower your blood pressure and reduce your risk of getting diabetes? What if the same thing could make you happier by reducing anxiety and depression? And what if the same thing could also help you feel less tired and even live longer? You'd be interested, right? So what is this miracle life upgrade with so many potential benefits? The answer? Just six words: walk every day for 30 minutes.

That's all you need to do to get all of those benefits: walk for one half hour each day. Now as I said, this is a life upgrade that I've already tried. I ***was adopted –adopting – have adopted – adopted*** the habit about four months ago, and I've definitely felt better and healthier since then. Not only that, but I've lost some weight, too, which is a nice bonus. It was hard to make time to walk every day at first, but I found the easiest option for me was to change how I commute each day. I simply get off the bus a few stops early and walk the rest of the way to work or home.

Now personal stories are nice, but there's scientific support for this life upgrade, too. A study from Japan that was conducted in the nineteen-nineties' showed that people who walked to work had many health benefits. And a study of fifty thousand people conducted over an extended period by Steven Blair, a professor at the Arnold School of Public Health at the University of South Carolina, is also interesting. Blair's study showed that people with lower fitness levels generally had shorter lives.

Before continuing, I should say that I first learned about the health benefits of walking when I watched a visual lecture by Mike Evans called "23½ hours." Evans is from Canada. He's a doctor, associate professor at the University of Toronto, and radio broadcaster. He concluded that walking for at least half an hour leads to ***enhanced - enhancements – enhance - enhancement*** fitness. The video is visually interesting, and he cites research that supports his claim, so I highly recommend watching it.

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Now usually, I'll cover just one life upgrade in each podcast, but for this one, I thought I'd include a bonus life upgrade. And it's another super simple one: spend more time in nature. If you want to learn more about this, check out the website of another Canadian, David Suzuki. He's famous as an author, an academic, and an activist who works to protect the environment.

Anyway, according to the evidence, people who regularly spend time outdoors are less anxious and less likely to be depressed. They have lower levels of ***stresses – stressful - stress - stressing*** and feel less fatigue. And they have a lower risk for medical issues like diabetes, cardiac problems, and some forms of cancer. There are also mental benefits, with those who spend time outdoors showing better problem-solving skills, enhanced memory, and a longer attention span. And of course, as you've no doubt realized, if you do your 30-minute daily walk in nature, you get a double benefit!

Well, that's it for this podcast. If you enjoyed what you heard, please share, like, and tweet to spread the word. And please listen to my next one, when I'll be talking about how you can upgrade your life by spending more time standing up and less time sitting down.

Fill in the supporting evidence in these notes

- Study from _____ in _____ → walking to work = _____
- Study of _____ conducted by prof at Arnold _____ Health at U of S Carolina → lower fitness level = _____

Choose the correct option to complete these profiles with details.

*Name: **Mike Evans** - Nationality: Canadian

Roles: _____

Idea: _____

*Name: **David Suzuki** - Nationality: Canadian

Roles: _____

Idea: _____

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Which summary describes the episode you heard?

1. Eat Your Way to Weight Loss
Too good to be true? Limit what you eat twice a week, eat what you want on other days, and still lose weight.

2. Daily Steps to Better Health
Got a free half hour? Discover the physical and mental benefits of going for a daily walk, especially outside.

3. Time to Take a Stand
Are you a couch potato? You can improve your health by spending less time sitting and more time standing.

Well done!



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