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Level 0 – 16th October, 2019

Slow walking speed at 45 linked to faster ageing

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<https://breakingnewsenglish.com/1910/191016-walking-speed-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/1910/191016-walking-speed-0.html>

People who walk slowly at the age of 45 may get old more quickly. They could get physically and mentally older. Doctors know that older people who walk slowly are more likely to have health problems. Slow walkers in their 70s and 80s often die sooner than fast walkers. This may be the same for people in their 40s.

Researchers looked at the health records of 904 people. The researchers looked at the people's memory and intelligence. They did tests on the people. The people had to say the alphabet while walking. The people who walked more slowly showed less brain activity while saying the alphabet.

Sources: <https://www.medicalnewstoday.com/articles/326648.php>
<https://medicalxpress.com/news/2019-10-slower-walkers-older-brains-bodies.html>
<https://news.sky.com/story/how-fast-do-you-walk-new-warning-about-being-a-slow-walker-11833595>

PHRASE MATCHING

From <https://breakingnewsenglish.com/1910/191016-walking-speed-0.html>

PARAGRAPH ONE:

- | | |
|--------------------------|--------------------|
| 1. walk slowly at | a. fast walkers |
| 2. physically and | b. health problems |
| 3. Doctors know | c. their 40s |
| 4. more likely to have | d. mentally older |
| 5. Slow walkers in their | e. the same |
| 6. die sooner than | f. that |
| 7. This may be | g. 70s and 80s |
| 8. people in | h. the age of 45 |

PARAGRAPH TWO:

- | | |
|--------------------------|---------------------|
| 1. Researchers looked | a. more slowly |
| 2. records of | b. and intelligence |
| 3. people's memory | c. alphabet |
| 4. They did tests | d. at the health |
| 5. The people had to | e. activity |
| 6. The people who walked | f. on the people |
| 7. less brain | g. 904 people |
| 8. while saying the | h. say the alphabet |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1910/191016-walking-speed-0.html>

People (1) _____ at the age of 45 may get (2) _____. They could get physically and mentally older. Doctors (3) _____ people who walk slowly are more (4) _____ health problems. Slow walkers in their (5) _____ often die sooner than fast walkers. This may (6) _____ for people in their 40s.

Researchers (7) _____ health records of 904 people. The researchers (8) _____ people's memory and intelligence. They (9) _____ the people. The people (10) _____ the alphabet while walking. The (11) _____ more slowly showed less brain activity while (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1910/191016-walking-speed-0.html>

People who walk slowly at the age of 45 may get old more quickly. They could get physically and mentally older. Doctors know that older people who walk slowly are more likely to have health problems. Slow walkers in their 70s and 80s often die sooner than fast walkers. This may be the same for people in their 40s. Researchers looked at the health records of 904 people. The researchers looked at the people's memory and intelligence. They did tests on the people. The people had to say the alphabet while walking. The people who walked more slowly showed less brain activity while saying the alphabet.

WALKING SPEED SURVEY

From <https://breakingnewsenglish.com/1910/191016-walking-speed-4.html>

Write five GOOD questions about walking speed in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

WRITING

From <https://breakingnewsenglish.com/1910/191016-walking-speed-0.html>

Write about **walking speed** for 10 minutes. Read and talk about your partner’s paper.
