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**Level 1 – 16th October, 2019**

## **Slow walking speed at 45 linked to faster ageing**

**FREE online quizzes, mp3 listening and more for this lesson here:**

<https://breakingnewsenglish.com/1910/191016-walking-speed-1.html>

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**Please try Levels 0, 2 and 3. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/1910/191016-walking-speed-1.html>

People who walk slowly at the age of 45 may age faster. They could become physically and mentally older. Walking speed could help doctors understand more about health problems older people have. Doctors know that older people who walk slowly are more likely to have health problems. This may be the same for younger people. A researcher said: "Doctors know that slow walkers in their 70s and 80s tend to die sooner than fast walkers their same age."

Researchers looked at the health records of 904 people. Some records went back to when people were three years old. The researchers looked at how good the people's memory was and their intelligence. Researchers did tests on the people. The people had to say the alphabet while walking at a normal and fast speed. The people who walked more slowly showed less brain activity in brain scans 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-1.html>

## PARAGRAPH ONE:

- |                                     |                     |
|-------------------------------------|---------------------|
| 1. People who walk slowly           | a. understand more  |
| 2. They could become physically and | b. slowly           |
| 3. help doctors                     | c. problems         |
| 4. health                           | d. 70s and 80s      |
| 5. older people who walk            | e. same             |
| 6. likely to have                   | f. at the age of 45 |
| 7. This may be the                  | g. health problems  |
| 8. walkers in their                 | h. mentally older   |

## PARAGRAPH TWO:

- |                              |                      |
|------------------------------|----------------------|
| 1. the health records        | a. memory was        |
| 2. records went back to when | b. scans             |
| 3. how good the people's     | c. fast speed        |
| 4. researchers did tests     | d. the alphabet      |
| 5. at a normal and           | e. people were three |
| 6. showed less brain         | f. of 904 people     |
| 7. brain                     | g. on the people     |
| 8. while saying              | h. activity          |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1910/191016-walking-speed-1.html>

People who (1) \_\_\_\_\_ the age of 45 may age faster. They could become physically (2) \_\_\_\_\_. Walking speed (3) \_\_\_\_\_ understand more about health problems older people have. Doctors know that older people who walk slowly (4) \_\_\_\_\_ to have health problems. This may (5) \_\_\_\_\_ for younger people. A researcher said: "Doctors know that slow walkers in their 70s and 80s (6) \_\_\_\_\_ sooner than fast walkers their same age."

Researchers (7) \_\_\_\_\_ health records of 904 people. Some records (8) \_\_\_\_\_ when people were three years old. The researchers looked at how good the people's (9) \_\_\_\_\_ their intelligence. Researchers did tests on the people. The people had to say (10) \_\_\_\_\_ walking at a normal (11) \_\_\_\_\_. The people who walked more slowly showed less brain activity (12) \_\_\_\_\_ while saying the alphabet.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1910/191016-walking-speed-1.html>

People who walk slowly at the age of 45 may age faster. They could become physically and mentally older. Walking speed could help doctors understand more about the health problems older people have. Doctors know that older people who walk slowly are more likely to have health problems. This may be the same for younger people. A researcher said: "Doctors know that slow walkers in their 70s and 80s tend to die sooner than fast walkers of the same age." Researchers looked at the health records of 904 people. Some records went back to when people were three years old. The researchers looked at how good the people's memory was and their intelligence. Researchers did tests on the people. The people had to say the alphabet while walking at a normal and fast speed. The people who walked more slowly showed less brain activity in brain scans 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) \_\_\_\_\_

*Slow walking speed at 45 linked to faster ageing – 16th October, 2019*  
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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) \_\_\_\_\_

