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Level 2 – 16th October, 2019

Slow walking speed at 45 linked to faster ageing

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<https://breakingnewsenglish.com/1910/191016-walking-speed-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/1910/191016-walking-speed-2.html>

Researchers say people who walk slowly at the age of 45 may age faster. Slow walkers in their forties and fifties could get older more quickly than faster walkers. This could make people physically and mentally older. Walking speed could help doctors understand more about the health problems older people have. Doctors already know that older people who walk slowly are more likely to have health problems. They wanted to find out if this was 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."

The researchers looked at the data of 904 people. The people had records of health checks from throughout their lives. Some records went back to when the people were three years old. The researchers looked at how quickly people could calculate things and how good their memory was as well as their intelligence. Researchers did tests on the participants at different walking speeds. The participants 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-2.html>

PARAGRAPH ONE:

- | | |
|----------------------------------|-----------------------|
| 1. people who walk slowly | a. and mentally older |
| 2. Slow walkers in their forties | b. than fast walkers |
| 3. make people physically | c. slowly |
| 4. help doctors | d. 70s and 80s |
| 5. older people who walk | e. understand more |
| 6. this was the same for | f. at the age of 45 |
| 7. slow walkers in their | g. younger people |
| 8. die sooner | h. and fifties |

PARAGRAPH TWO:

- | | |
|------------------------------|-----------------------|
| 1. researchers looked at the | a. scans |
| 2. health | b. and fast speed |
| 3. throughout | c. alphabet |
| 4. how quickly people could | d. activity |
| 5. walking at a normal | e. calculate things |
| 6. showed less brain | f. data of 904 people |
| 7. brain | g. checks |
| 8. while saying the | h. their lives |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1910/191016-walking-speed-2.html>

Researchers say people (1) _____ at the age of 45 may age faster. Slow walkers in their forties and fifties could get (2) _____ than faster walkers. This could make people physically (3) _____. Walking speed could help doctors understand (4) _____ health problems older people have. Doctors already know that older people who walk slowly are more likely to (5) _____. They wanted to find out if this was the same for younger people. A researcher said: "Doctors know that slow walkers in their 70s and 80s (6) _____ sooner than fast walkers their same age."

The researchers looked (7) _____ of 904 people. The people had records of health checks (8) _____ lives. Some records went back to when the people were three years old. The researchers looked (9) _____ people could calculate things and how good their memory (10) _____ as their intelligence. Researchers did tests on the participants at different walking speeds. The participants had to say the alphabet while walking (11) _____ and fast speed. The people who walked more slowly showed less brain activity in brain scans while (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1910/191016-walking-speed-2.html>

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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) _____

