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Level 0 – 7th August 2025

'Japanese walking' could help you live longer

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<https://breakingnewsenglish.com/2508/250807-japanese-walking-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/2508/250807-japanese-walking-0.html>

Japanese people live for a long time. They live to an average age of 84. This is because of a healthy diet. Another reason is walking a lot. This is now trending on TikTok. It is called "Japanese Walking". This is walking quickly five times for three minutes, and then slowly. Doctors say it can help people live longer.

Japanese people might not know about the term "Japanese Walking". It is from Shinshu University. Researchers studied the effects of fast and slow walking. An Australian fitness coach made many videos on Japanese walking. They have had 10 million views on TikTok. The coach wants people to have easy fitness advice.

Sources: <https://www.msn.com/en-in/health/other/japanese-walking-experts-say-wellness-trend-can-boost-strength-fitness-and-heart-health/ar-AA1Jyeuh>
https://www.huffingtonpost.co.uk/entry/japanese-walking-method-benefits_uk_68873afbe4b0b306e5bb55da
<https://www.latimes.com/lifestyle/story/2025-07-31/japanese-walking-wellness-trend>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2508/250807-japanese-walking-0.html>

PARAGRAPH ONE:

- | | |
|---------------------------------|-----------------------|
| 1. Japanese people live | a. diet |
| 2. They live to an average | b. "Japanese Walking" |
| 3. This is because of a healthy | c. age of 84 |
| 4. Another reason is walking | d. on TikTok |
| 5. This is now trending | e. minutes |
| 6. It is called | f. for a long time |
| 7. walking quickly five | g. a lot |
| 8. for three | h. times |

PARAGRAPH TWO:

- | | |
|-----------------------------|-----------------------|
| 1. Japanese people might | a. coach |
| 2. the term | b. the effects |
| 3. Researchers studied | c. views on TikTok |
| 4. fast and | d. "Japanese Walking" |
| 5. fitness | e. fitness advice |
| 6. many | f. not know |
| 7. They have had 10 million | g. videos |
| 8. easy | h. slow walking |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2508/250807-japanese-walking-0.html>

Japanese (1) _____ a long time. They live to
an (2) _____ 84. This is because
(3) _____ diet. Another reason is walking a
lot. This is (4) _____ TikTok. It is called
"Japanese Walking". This is walking
(5) _____ for three minutes, and then
slowly. Doctors say it can (6) _____ longer.
Japanese people might not know (7) _____
"Japanese Walking". (8) _____ Shinshu
University. Researchers studied (9) _____
fast and slow walking. An Australian
(10) _____ many videos on Japanese
walking. (11) _____ 10 million views on
TikTok. The coach wants people to
(12) _____ advice.

PUT A SLASH (/) WHERE THE SPACES ARE

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WALKING

From <https://breakingnewsenglish.com/2508/250807-japanese-walking-0.html>

Write five GOOD questions about walking 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/2508/250807-japanese-walking-0.html>

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

[illegible]