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**Level 1 – 7th August 2025**

## **'Japanese walking' could help you live longer**

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

<https://breakingnewsenglish.com/2508/250807-japanese-walking-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/2508/250807-japanese-walking-1.html>

Japan often has the longest life expectancy - an average age of 84. People say this is because of a healthy diet. Another reason is that Japanese people walk a lot. This started a new trend on TikTok, called "Japanese Walking". This is walking quickly five times for three minutes and then slowly five times for three minutes. Experts say it is good for posture, lowering blood pressure, and reducing stress. Doctors say it can help people live longer.

Japanese people might not know about the term "Japanese Walking". Researchers at Shinshu University thought of it in 2007. They conducted a study on fast and slow walking. An Australian fitness coach and social media content creator made many videos on Japanese walking. They have had 10 million views on TikTok. The coach said he wanted to make fitness advice easier for people to understand and access.

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.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-1.html>

## PARAGRAPH ONE:

- |                                 |                      |
|---------------------------------|----------------------|
| 1. the longest life             | a. for posture       |
| 2. an average age               | b. a lot             |
| 3. this is because of a healthy | c. of 84             |
| 4. Japanese people walk         | d. stress            |
| 5. walking quickly five times   | e. expectancy        |
| 6. Experts say it is good       | f. pressure          |
| 7. lowering blood               | g. diet              |
| 8. reducing                     | h. for three minutes |

## PARAGRAPH TWO:

- |                                |                     |
|--------------------------------|---------------------|
| 1. people might not know about | a. views on TikTok  |
| 2. thought of it               | b. advice           |
| 3. a study on fast             | c. coach            |
| 4. fitness                     | d. to understand    |
| 5. social media content        | e. in 2007          |
| 6. They have had 10 million    | f. the term         |
| 7. fitness                     | g. creator          |
| 8. easier for people           | h. and slow walking |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2508/250807-japanese-walking-1.html>

Japan often (1) \_\_\_\_\_ life expectancy - an average age of 84. People say this is because of (2) \_\_\_\_\_. Another reason is that Japanese people walk a lot. This started (3) \_\_\_\_\_ on TikTok, called "Japanese Walking". This is (4) \_\_\_\_\_ times for three minutes and then slowly five times for three minutes. Experts say it is good for posture, (5) \_\_\_\_\_, and reducing stress. Doctors say it can (6) \_\_\_\_\_ longer.

Japanese people might not know (7) \_\_\_\_\_ "Japanese Walking". Researchers at Shinshu University thought of it in 2007. They (8) \_\_\_\_\_ on fast and slow walking. An Australian (9) \_\_\_\_\_ social media content (10) \_\_\_\_\_ videos on Japanese walking. They have had (11) \_\_\_\_\_ on TikTok. The coach said he wanted to make fitness advice easier for people to (12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2508/250807-japanese-walking-1.html>

Japan often has the longest life expectancy - an average age of 84. People say this is because of a healthy diet. Another reason is that Japanese people walk a lot. This started a new trend on TikTok, called "Japanese Walking". This is walking quickly five times for three minutes and then slowly five times for three minutes. Experts say it is good for posture, lowering blood pressure, and reducing stress. Doctors say it can help people live longer. Japanese people might not know about the term "Japanese Walking". Researchers at Shinshu University thought of it in 2007. They conducted a study on fast and slow walking. An Australian fitness coach and social media content creator made many videos on Japanese walking. They have had 10 million views on TikTok. The coach said he wanted to make fitness advice easier for people to understand and access.

# WALKING SURVEY

From <https://breakingnewsenglish.com/2508/250807-japanese-walking-4.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) \_\_\_\_\_

*Japanese walking' could help you live longer- 7th August 2025*  
More free lessons at [breakingnewsenglish.com](http://breakingnewsenglish.com)

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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-1.html>

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

[illegible]