

Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES
FOR LANGUAGE TEACHERS"**

breakingnewsenglish.com/book.html

**Thousands more free lessons
from Sean's other websites**

www.freeeslmaterials.com/sean_banville_lessons.html

Level 2 – 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-2.html>

Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

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

X (Twitter)



[X.com/SeanBanville](https://x.com/SeanBanville)

Facebook



www.facebook.com/pages/BreakingNewsEnglish/155625444452176

THE READING

From <https://breakingnewsenglish.com/2508/250807-japanese-walking-2.html>

Japan is often said to have the longest life expectancy. People live to be an average of 84 years old. Many people say this is because of a healthy diet. Another reason could be that Japanese people walk a lot. This has started a new fitness trend on TikTok, called "Japanese Walking". This is walking quickly for three minutes and then slowly for three minutes. Walkers repeat this pattern five times. Experts say Japanese walking is good for posture, lowering blood pressure, and reducing stress. It has also been linked to a lower risk of dementia. Doctors also say it can help people live longer.

Japanese people might not know about the term "Japanese Walking". Researchers at Shinshu University came up with the name in 2007. They conducted a study on fast and slow walking. The method is now popular worldwide. This is due to videos made by an Australian fitness coach and social media content creator. He wanted people to follow a simple exercise routine that had an easy-to-remember name. His videos have had 10 million views on TikTok. He said he wanted "to make fitness advice and scientific jargon a lot more accessible".

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-2.html>

PARAGRAPH ONE:

- | | |
|-------------------------------------|--------------------|
| 1. have the longest life | a. diet |
| 2. this is because of a healthy | b. of dementia |
| 3. This has started a new fitness | c. for posture |
| 4. Walkers repeat this pattern five | d. trend on TikTok |
| 5. Japanese walking is good | e. longer |
| 6. lowering blood | f. times |
| 7. linked to a lower risk | g. pressure |
| 8. it can help people live | h. expectancy |

PARAGRAPH TWO:

- | | |
|-----------------------------------|--------------------------|
| 1. Japanese people might not know | a. fast and slow walking |
| 2. came | b. remember name |
| 3. a study on | c. routine |
| 4. The method is now popular | d. up with the name |
| 5. social media content | e. jargon |
| 6. follow a simple exercise | f. about the term |
| 7. an easy-to- | g. creator |
| 8. scientific | h. worldwide |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2508/250807-japanese-walking-2.html>

Japan is often said to have (1) _____ expectancy. People live to be (2) _____ 84 years old. Many people say this is because of a healthy diet. Another reason could be that Japanese people walk a lot. This has started a new (3) _____ TikTok, called "Japanese Walking". This is (4) _____ three minutes and then slowly for three minutes. Walkers repeat this pattern five times. Experts say Japanese walking is good for posture, (5) _____, and reducing stress. It has also been linked to a (6) _____ dementia. Doctors also say it can help people live longer.

Japanese people might not know (7) _____ "Japanese Walking". Researchers at Shinshu University came up with the name in 2007. They (8) _____ on fast and slow walking. The (9) _____ popular worldwide. This is due to videos made by an Australian fitness coach and social (10) _____. He wanted people to follow a simple exercise routine that had an (11) _____ name. His videos have had 10 million views on TikTok. He said he wanted "to make fitness advice and (12) _____ lot more accessible".

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2508/250807-japanese-walking-2.html>

Japan is often said to have the longest life expectancy. People live to be an average of 84 years old. Many people say this is because of a healthy diet. Another reason could be that Japanese people walk a lot. This has started a new fitness trend on TikTok, called "Japanese Walking". This is walking quickly for three minutes and then slowly for three minutes. Walkers repeat this pattern five times. Experts say Japanese walking is good for posture, lowering blood pressure, and reducing stress. It has also been linked to a lower risk of dementia. Doctors also say it can help people live longer. Japanese people might not know about the term "Japanese Walking". Researchers at Shinshu University came up with the name in 2007. They conducted a study on fast and slow walking. The method is now popular worldwide. This is due to videos made by an Australian fitness coach and social media content creator. He wanted people to follow a simple exercise routine that had an easy-to-remember name. His videos have had 10 million views on TikTok. He said he wanted "to make fitness advice and scientific jargon a lot more accessible".

WALKING SURVEY

From <https://breakingnewsenglish.com/2508/250807-japanese-walking-2.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

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-2.html>

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

[illegible]