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Japanese walking' could help you live longer – 7th August 2025

Level 0

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.

Level 1

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.

Level 2

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".

Level 3

Japan is often reported as having the longest life expectancy. Japanese people live to be an average of above 84 years old. Many people say this is because of the country's healthy diet. Another reason could be how people walk. Japanese people walk a lot. This has started a new fitness trend on TikTok, called "Japanese Walking". It involves walking quickly for three minutes and then slowing down for three minutes. Walkers repeat this pattern five times. Health experts say Japanese walking is good for posture, blood circulation, 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". To them, it is just walking. Researchers at Shinshu University in Matsumoto, Japan came up with the name in 2007. They conducted a study on high- and low-intensity walking. The recent worldwide popularity of the walking method is due to videos made by Eugene Teo, 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 and 17 million views on YouTube. He said he wanted "to make fitness advice and scientific jargon a lot more accessible".