

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 3 – 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.html>

Contents

The Article	2	Discussion (Student-Created Qs)	15
Warm-Ups	3	Language Work (Cloze)	16
Vocabulary	4	Spelling	17
Before Reading / Listening	5	Put The Text Back Together	18
Gap Fill	6	Put The Words In The Right Order	19
Match The Sentences And Listen	7	Circle The Correct Word	20
Listening Gap Fill	8	Insert The Vowels (a, e, i, o, u)	21
Comprehension Questions	9	Punctuate The Text And Add Capitals	22
Multiple Choice - Quiz	10	Put A Slash (/) Where The Spaces Are	23
Role Play	11	Free Writing	24
After Reading / Listening	12	Academic Writing	25
Student Survey	13	Homework	26
Discussion (20 Questions)	14	Answers	27

Please try Levels 0, 1 and 2 (they are easier).

X (Twitter)



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

Facebook



www.facebook.com/pages/BreakingNewsEnglish/155625444452176

THE ARTICLE

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

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".

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>

WARM-UPS

1. WALKING: Students walk around the class and talk to other students about walking. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

Japan / life expectancy / average / healthy diet / fitness trend / walking quickly / worldwide / popularity / videos / TikTok / fitness coach / exercise routine / jargon

Have a chat about the topics you liked. Change topics and partners frequently.

3. EXERCISE: Students A **strongly** believe walking is the best form of exercise; Students B **strongly** believe it isn't. Change partners again and talk about your conversations.

4. GOING FOR A WALK: What are the good and bad things about going for a walk in these places? Complete this table with your partner(s). Change partners often and share what you wrote.

	Good Things	Bad Things
In your neighbourhood		
In a shopping mall		
Along a beach		
In the mountains		
In a city		
In a park		

5. EXERCISE: Spend one minute writing down all of the different words you associate with the word "exercise". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. THE BEST AGE: Rank these with your partner. Put the best age to be at the top. Change partners often and share your rankings.

- 10
- 16
- 20
- 30
- 40
- 60
- 80
- 100

VOCABULARY MATCHING

Paragraph 1

- | | |
|--------------------|---|
| 1. life expectancy | a. A sickness that makes people forget things and think less clearly. |
| 2. fitness | b. Something that becomes very popular or common for a time. |
| 3. trend (noun) | c. People who know everything about something. |
| 4. involve | d. How long a person is expected to live. |
| 5. experts | e. The way you position your body when standing or sitting. |
| 6. posture | f. How healthy and strong your body is. |
| 7. dementia | g. Be a part of something or include something. |

Paragraph 2

- | | |
|--------------------|--|
| 8. term (noun) | h. A way of doing something. |
| 9. conducted | i. Because of something. |
| 10. intensity | j. Special words used by a group that are hard for others to understand. |
| 11. method | k. Done or carried out (for example, a test or study). |
| 12. due to | l. Something you do the same way regularly. |
| 13. routine (noun) | m. How strong or hard something is. |
| 14. jargon | n. A word or name used for something. |

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. Japan now has the world's longest life expectancy for men and women. **T / F**
2. Both men and women in Japan live to be 84 years old. **T / F**
3. Japanese walking means walking quickly for 10 minutes non-stop. **T / F**
4. Health experts say Japanese walking is good for blood pressure. **T / F**
5. Japanese people might not know the term "Japanese walking". **T / F**
6. The term "Japanese Walking" is over 200 years old. **T / F**
7. A "Japanese Walking" video has been viewed 10 million times on TikTok. **T / F**
8. A fitness coach wants exercise to be full of scientific jargon. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|------------------------|-----------------------|
| 1. diet | a. thought of |
| 2. reason | b. reducing |
| 3. trend | c. word |
| 4. lowering | d. cause |
| 5. risk | e. hints |
| 6. term | f. technical language |
| 7. came up with | g. craze |
| 8. simple | h. chance |
| 9. advice | i. easy |
| 10. jargon | j. food |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|---|--------------------------|
| 1. having the longest | a. of dementia |
| 2. Japanese people live to be an average | b. intensity walking |
| 3. This has started a new fitness | c. pattern five times |
| 4. Walkers repeat this | d. creator |
| 5. linked to a lower risk | e. trend on TikTok |
| 6. They conducted a study on high- and low- | f. jargon |
| 7. The recent worldwide popularity | g. life expectancy |
| 8. social media content | h. advice |
| 9. fitness | i. of the walking method |
| 10. scientific | j. of above 84 years old |

GAP FILL

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

Japan is often reported as having the longest life (1) _____. Japanese people live to be an average of above 84 years old. Many people say this is because of the country's healthy (2) _____. Another reason could be how people walk. Japanese people walk a lot. This has started a new fitness (3) _____ on TikTok, called "Japanese Walking". It (4) _____ walking quickly for three minutes and then (5) _____ down for three minutes. Walkers repeat this (6) _____ five times. Health experts say Japanese walking is good for posture, (7) _____ circulation, lowering blood pressure, and reducing stress. It has also been linked to a lower (8) _____ of dementia. Doctors also say it can help people live longer.

Japanese people might not know about the (9) _____ "Japanese Walking". To them, it is just walking. Researchers at Shinshu University in Matsumoto, Japan (10) _____ up with the name in 2007. They conducted a study on high- and low-(11) _____ walking. The recent worldwide popularity of the walking method is (12) _____ to videos made by Eugene Teo, an Australian fitness coach and social media content (13) _____. He wanted people to follow a simple exercise (14) _____ 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 (15) _____ and scientific jargon a lot more (16) _____".

involves
diet
risk
slowing
blood
trend
expectancy
pattern

due
term
routine
intensity
accessible
creator
came
advice

LISTENING – Guess the answers. Listen to check.

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

- 1) Japan is often reported as having the _____
 - a. longest life expecting
 - b. longest life expectant see
 - c. longest life expectancy
 - d. longest life expects any
- 2) Many people say this is because of the _____
 - a. country's healthy diet
 - b. country's healthy dietician
 - c. country's healthy dietary
 - d. country's healthy dye it
- 3) Another reason could be how people walk. Japanese people _____
 - a. walk a loads
 - b. walk a lots
 - c. walk a lot
 - d. walk allot
- 4) It involves walking quickly for three minutes and _____
 - a. then slow in down
 - b. then slow wing down
 - c. then slowing down
 - d. then slows in down
- 5) good for posture, blood circulation, lowering blood pressure, _____
 - a. and reducing stress
 - b. and reduction stress
 - c. end reducing stress
 - d. and reducing stressed
- 6) Japanese people might not know about the _____
 - a. team "Japanese Walking"
 - b. terms "Japanese Walking"
 - c. termed "Japanese Walking"
 - d. term "Japanese Walking"
- 7) They conducted a study on high- and _____
 - a. low-intensify walking
 - b. low-intensity walking
 - c. low-intensely walking
 - d. low-intense city walking
- 8) The recent worldwide popularity of the walking method is _____
 - a. dew to videos
 - b. duel to videos
 - c. due to videos
 - d. due two videos
- 9) He wanted people to follow a simple exercise routine that had an easy-_____
 - a. to-remembers name
 - b. to-remembered name
 - c. to-remembering name
 - d. to-remember name
- 10) make fitness advice and scientific jargon a _____
 - a. lot many accessible
 - b. lot most accessible
 - c. lot much accessible
 - d. lot more accessible

LISTENING – Listen and fill in the gaps

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

Japan is often reported as having (1) _____ expectancy. Japanese people live to be (2) _____ 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 (3) _____ on TikTok, called "Japanese Walking". It involves walking quickly for three minutes and then (4) _____ three minutes. Walkers repeat this pattern five times. Health experts say Japanese walking is (5) _____, blood circulation, lowering blood pressure, 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". To them, it is just walking. Researchers at Shinshu University in Matsumoto, Japan (8) _____ the name in 2007. They conducted a study on high- and low-intensity walking. The recent worldwide popularity of the walking (9) _____ to videos made by Eugene Teo, an Australian fitness coach and social media content creator. He wanted people to (10) _____ exercise routine that had an (11) _____ 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 (12) _____ more accessible".

COMPREHENSION QUESTIONS

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

1. What is the average age that Japanese people live to?
2. How much does the article say Japanese people walk?
3. How many times do people walk slowly with Japanese walking?
4. What might Japanese walking be good at lowering?
5. What might "Japanese walking" lead to a lower risk of?
6. Who might not know about the term "Japanese walking"?
7. When did the term "Japanese walking" originate?
8. Why is "Japanese walking" now so popular worldwide?
9. How many views has a Japanese walking video had on YouTube?
10. What kind of language did a fitness coach want to be more simple?

MULTIPLE CHOICE - QUIZ

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

- 1) What is the average age that Japanese people live to?
 - a) 92
 - b) 89
 - c) 85
 - d) 84
- 2) How much does the article say Japanese people walk?
 - a) 3 km
 - b) a lot
 - c) 13 km
 - d) It depends.
- 3) How many times do people walk slowly with Japanese walking?
 - a) two
 - b) three
 - c) four
 - d) five
- 4) What might Japanese walking be good at lowering?
 - a) height
 - b) gasoline bills
 - c) blood pressure
 - d) pollution
- 5) What might "Japanese walking" lead to a lower risk of?
 - a) headaches
 - b) backache
 - c) car crashes
 - d) dementia
- 6) Who might not know about the term "Japanese walking"?
 - a) joggers
 - b) non-Japanese people
 - c) Japanese people
 - d) children
- 7) When did the term "Japanese walking" originate?
 - a) 2007
 - b) 2006
 - c) 2008
 - d) 2010
- 8) Why is "Japanese walking" now so popular worldwide?
 - a) because of Japanese food
 - b) because of Pokémon
 - c) because of videos on social media
 - d) People want to be fit.
- 9) How many views has a Japanese walking video had on YouTube?
 - a) 10 million
 - b) 17 million
 - c) 13.5 million
 - d) just over 20 million
- 10) What kind of language did a fitness coach want to be more simple?
 - a) scientific jargon
 - b) technical jargon
 - c) medical jargon
 - d) computer jargon

ROLE PLAY

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

Role A – 10

You think 10 is the best age to be. Tell the others three reasons why. Tell them what is wrong with their ages. Also, tell the others which is the worst of these ages (and why): 20, 50 or 100.

Role B – 20

You think 20 is the best age to be. Tell the others three reasons why. Tell them what is wrong with their ages. Also, tell the others which is the worst of these ages (and why): 10, 50 or 100.

Role C – 50

You think 50 is the best age to be. Tell the others three reasons why. Tell them what is wrong with their ages. Also, tell the others which is the worst of these ages (and why): 20, 10 or 100.

Role D – 100

You think 100 is the best age to be. Tell the others three reasons why. Tell them what is wrong with their ages. Also, tell the others which is the worst of these ages (and why): 20, 50 or 10.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look online / in your dictionary to find collocates, information on, synonyms for... the words 'live' and 'walking'.

live	walking

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• life• 84• lot• involves• three• lower	<ul style="list-style-type: none">• term• came• low• due• easy• jargon
--	---

WALKING SURVEY

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

WALKING DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'walking'?
3. What do you know about the life expectancy in your country?
4. What age do you want to live to?
5. Why do you think Japanese people live so long?
6. How healthy is your diet?
7. What unhealthy things do you do?
8. How much walking do you do every day?
9. How good is walking as a form of exercise?
10. Why might walking reduce stress?

'Japanese walking' could help you live longer – 7th August 2025
Thousands more free lessons at [breakingnewsenglish.com](https://www.breakingnewsenglish.com)

WALKING DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'live'?
13. What do you think about what you read?
14. How is Japanese walking different to normal walking?
15. What do you do to keep in shape?
16. How good are the keep-fit videos on TikTok and YouTube?
17. What exercise do you think you'll be doing when you are 70?
18. What do you think of exercise?
19. What exercise are you going to do in the next week?
20. What questions would you like to ask health experts about walking?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Copyright © breakingnewsenglish.com 2025

DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

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

Japan is often (1) _____ as having the longest life expectancy. Japanese people live to be an average (2) _____ above 84 years old. Many people say this is because of the country's healthy diet. Another reason could be (3) _____ 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 (4) _____ for three minutes. Walkers repeat this pattern five times. Health experts say Japanese walking is good for posture, (5) _____ 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 (6) _____ longer.

Japanese people might not know about the term "Japanese Walking". To them, it is (7) _____ walking. Researchers at Shinshu University in Matsumoto, Japan came (8) _____ 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 (9) _____ videos made by Eugene Teo, an Australian fitness coach and social media content creator. He wanted people to (10) _____ a simple exercise routine that had an easy-to-(11) _____ 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 (12) _____ a lot more accessible".

Put the correct words from the table below in the above article.

- | | | | | |
|-----|----------------|---------------|--------------|--------------|
| 1. | (a) reported | (b) resorted | (c) retorted | (d) reposted |
| 2. | (a) at | (b) by | (c) of | (d) as |
| 3. | (a) what | (b) that | (c) how | (d) such |
| 4. | (a) along | (b) on | (c) in | (d) down |
| 5. | (a) blood | (b) bloodless | (c) bloody | (d) bloods |
| 6. | (a) life | (b) live | (c) living | (d) lively |
| 7. | (a) justice | (b) adjust | (c) justly | (d) just |
| 8. | (a) down | (b) up | (c) on | (d) in |
| 9. | (a) for | (b) by | (c) to | (d) on |
| 10. | (a) chase | (b) follow | (c) stalk | (d) walk |
| 11. | (a) memorandum | (b) memorial | (c) memory | (d) remember |
| 12. | (a) wagon | (b) jargon | (c) dragon | (d) octagon |

SPELLING

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

Paragraph 1

1. having the longest life ncaypetcxe
2. live to be an grveaee of above 84
3. because of the country's healthy tdei
4. Japanese walking is good for eprutos
5. ldboo circulation
6. a lower risk of nmeeatid

Paragraph 2

7. They duetcdcon a study
8. low- stnyinite walking
9. The recent worldwide rytpiuolap
10. follow a simple exercise onietru
11. scientific ojangr
12. a lot more sclbseceai

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () creator. He wanted people to follow a simple exercise routine that had an easy-to-remember
- () diet. Another reason could be how people walk. Japanese people walk a lot. This has started a new fitness
- () 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
- (**1**) Japan is often reported as having the longest life expectancy. Japanese people live to be an average
- () Japanese people might not know about the term "Japanese Walking". To them, it is just
- () method is due to videos made by Eugene Teo, an Australian fitness coach and social media content
- () name. His videos have had 10 million views on TikTok and 17 million
- () of above 84 years old. Many people say this is because of the country's healthy
- () study on high- and low-intensity walking. The recent worldwide popularity of the walking
- () to a lower risk of dementia. Doctors also say it can help people live longer.
- () trend on TikTok, called "Japanese Walking". It involves walking quickly for three minutes and then slowing
- () views on YouTube. He said he wanted "to make fitness advice and scientific jargon a lot more accessible".
- () walking. Researchers at Shinshu University in Matsumoto, Japan came up with the name in 2007. They conducted a

PUT THE WORDS IN THE RIGHT ORDER

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

1. Another walk reason could be how people .
2. This trend new started fitness a has .
3. Experts for say walking Japanese posture is good .
4. It's risk a linked dementia lower to of .
5. Doctors longer help can live say it people .
6. Japanese term the might people not about know .
7. The walking popularity recent method the worldwide of .
8. He routine simple follow to people wanted a .
9. His had million videos 10 views have .
10. He advice accessible fitness make to wanted more .

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Japan is often *reported* / *reposted* as having the longest life expectancy. Japanese people live to be *the* / *an* average of above 84 years old. Many people say this is because of the country's *healthily* / *healthy* diet. Another reason could be how people *walk* / *walking*. Japanese people walk a lot. This has started a new fitness *trend* / *trendy* on TikTok, called "Japanese Walking". It *involve* / *involves* walking quickly for three minutes and then *slowing* / *slowed* down for three minutes. Walkers repeat this pattern five times. Health experts say Japanese walking is good *for* / *to* posture, blood circulation, lowering *blood* / *bloody* pressure, and reducing stress. It has also been linked to a lower risk of dementia. Doctors also say it can help people *life* / *live* longer.

Japanese people might not know about the *term* / *terms* "Japanese Walking". To them, it is just *walk* / *walking*. Researchers at Shinshu University in Matsumoto, Japan came *up* / *down* with the name in 2007. They conducted a study on *height-* / *high-* and low-intensity walking. The recent worldwide popularity of the walking method is due *for* / *to* videos made by Eugene Teo, an Australian *fitness* / *fit* coach and social media content *creator* / *creation*. He wanted people to follow a *simple* / *sample* 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 *take* / *make* fitness advice and scientific jargon a lot more *access* / *accessible*".

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

INSERT THE VOWELS (a, e, i, o, u)

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

J_p_n _s _ft_n r_p_rt_d _s h_v_ng th_ l_ng_st l_f_ _xp_ct_ncy. J_p_n_s_ p__pl_ l_v_ t_ b_ _n _v_r_g_ _f _b_v_ 84 y__rs _ld. M_ny p__pl_ s_y th_s _s b_c__s_ _f th_ c__ntry's h__lthy d__t. _n_th_r r__s_n c__ld b_ h_w p__pl_ w_lk. J_p_n_s_ p__pl_ w_lk _ l_t. Th_s h_s st_rt_d _ n_w f_tn_ss tr_nd _n T_kT_k, c_ll_d "J_p_n_s_ W_lk_ng". _t _nv_lv_s w_lk_ng q__ckly f_r thr__ m_n_t_s _nd th_n sl_w_ng d_wn f_r thr__ m_n_t_s. W_lk_rs r_p__t th_s p_tt_rn f_v_ t_m_s. H__lth _xp_rts s_y J_p_n_s_ w_lk_ng _s g__d f_r p_st_r_, bl__d c_rc_l_t__n, l_w_r_ng bl__d pr_ss_r_, _nd r_d_c_ng str_ss. _t h_s _ls_ b__n l_nk_d t_ _ l_w_r r_sk _f d_m_nt___. D_ct_rs _ls_ s_y _t c_n h_lp p__pl_ l_v_ l_ng_r.

J_p_n_s_ p__pl_ m_gh_t n_t kn_w _b__t th_ t_rm "J_p_n_s_ W_lk_ng". T_ th_m, _t _s j_st w_lk_ng. R_s__rch_rs _t Sh_nsh_ _n_v_rs_ty _n M_ts_m_t_, J_p_n c_m_ _p w_th th_ n_m_ _n 2007. Th_y c_nd_ct_d _ st_dy _n h_gh- _nd l_w-_nt_ns_ty w_lk_ng. Th_ r_c_nt w_rldw_d_ p_p_l_r_ty _f th_ w_lk_ng m_th_d _s d__ t_ v_d__s m_d_ by __g_n_ T__, _n __str_l__n f_tn_ss c__ch _nd s_c__l m_d__ c_nt_nt cr__t_r. H_ w_nt_d p__pl_ t_ f_ll_w _ s_mpl_ _x_rc_s_ r__t_n_ th_t h_d _n __sy-t-r_m_mb_r n_m_. H_s v_d__s h_v_ h_d 10 m_ll__n v__ws _n T_kT_k _nd 17 m_ll__n v__ws _n Y__T_b_. H_ s__d h_ w_nt_d "t_m_k_ f_tn_ss _dv_c_ _nd sc__nt_f_c j_rg_n _ l_t m_r_ _cc_ss_bl_".

PUNCTUATE THE TEXT AND ADD CAPITALS

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

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 countrys 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 lowintensity 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 easytoremember 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

PUT A SLASH (/) WHERE THE SPACES ARE

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

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".

FREE WRITING

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

Write about **walking** for 10 minutes. Comment on your partner's paper.

[illegible]

ACADEMIC WRITING

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

Walking is the best form of exercise. Discuss.

[illegible]

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. WALKING: Make a poster about walking. Show your work to your classmates in the next lesson. Did you all have similar things?

4. JAPANESE WALKING: Write a magazine article about educating children to take up Japanese walking from elementary school. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on walking. Ask him/her three questions about it. Give him/her three of your opinions on walking. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. d 2. f 3. b 4. g 5. c 6. e 7. a
8. n 9. k 10. m 11. h 12. i 13. l 14. j

TRUE / FALSE (p.5)

- 1 F 2 F 3 F 4 T 5 T 6 F 7 T 8 F

SYNONYM MATCH (p.5)

1. j	2. d	3. g	4. b	5. h
6. c	7. a	8. i	9. e	10. f

COMPREHENSION QUESTIONS (p.9)

- 84
- A lot
- Five
- Blood pressure
- Dementia
- Japanese people
- 2007
- Because of videos on social media
- 17 million
- Scientific jargon

WORDS IN THE RIGHT ORDER (p.19)

- Another reason could be how people walk.
- This has started a new fitness trend.
- Experts say Japanese walking is good for posture.
- It's linked to a lower risk of dementia.
- Doctors say it can help people live longer.
- Japanese people might not know about the term.
- The recent worldwide popularity of the walking method.
- He wanted people to follow a simple routine.
- His videos have had 10 million views.
- He wanted to make fitness advice more accessible.

MULTIPLE CHOICE - QUIZ (p.10)

1. d 2. b 3. d 4. c 5. d 6. c 7. a 8. c 9. b 10. a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)