

# Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life.

Do you agree with the above opinion?



## In this lesson, we will talk about walking:

- read a passage about walking as an exercise;
- learn words and expressions about walking as an exercise;
- share some thoughts about the benefits of walking.

#### **Key words:**

1. civilization 6. ease up

2. lifestyle 7. underrated

3. strenuous 8. ideal

4. taxing 9. chronic

5. burn off 10. maximize

### Reading Read the passage and pay attention to the key words.

Civilization has brought a lot of changes into our lives. Along with these changes, people get busier and live unhealthy lifestyles. Staying fit is strenuous for everyone.

Planning one's schedule just to find time to hit the gym is both taxing and strenuous.

One easy way to burn those calories off and ease things up is by taking a walk.





#### Comprehension Check:

1. What has civilization brought to people's lives?

## Reading Read the passage and pay attention to the key words.

Walking is an underrated form of exercise. It is ideal for people of all ages and fitness levels. It can be done alone, with your family, close friends, or even with your pet.

Studies show that regular walking helps reduce the risk of chronic illnesses. The longer you walk, the more you can maximize the health benefits.

#### Comprehension Check:

- 2. Why is walking an ideal exercise for everyone?
- 3. How can one maximize the benefits they can get from walking?

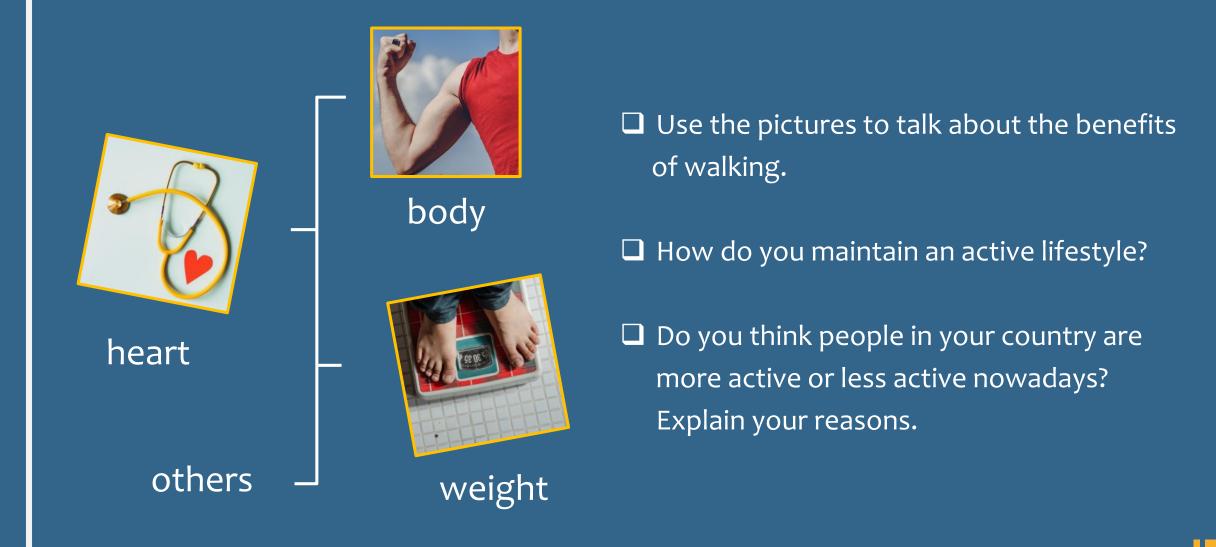


## Respond to Reading Complete the task.

 $\square$  Write  $\underline{T}$  if the sentence is true and  $\underline{F}$  if it is not.

\_\_\_\_\_\_1. Staying fit is a manageable task for busy people.
\_\_\_\_\_\_2. Taking a walk is an easy way to burn calories off and ease things up.
\_\_\_\_\_\_3. Walking is an overrated form of exercise.
\_\_\_\_\_\_4. Taking a walk is ideal for people of all ages and fitness levels.
\_\_\_\_\_\_5. Studies show that regular walking helps reduce the risk of chronic illnesses.

## Free Talk Answer the questions below.



Make a summary of the topic you have learned today.

Staying fit is a strenuous effort nowadays. One easy way to burn those calories off and ease things up is by taking a walk. Walking is an underrated form of exercise that is ideal for everyone. It has lots of benefits which can be maximized when walking is done regularly.



☐ Talk about why walking is an underrated form of exercise.

You may use some of the vocabulary you have learned.

1. civilization

2. lifestyle 7. underrated

3. strenuous

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6. ease up

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Your opinion...