



Topic

Conversation
for Advanced

Lesson 9
Walking

A

A low-angle, close-up shot of a person's legs and feet walking on a gravel path. The person is wearing dark sneakers with white soles. The background is a bright, hazy landscape with hills under a warm, golden light, suggesting a sunrise or sunset. The overall mood is peaceful and active.

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?

Target Language

Introduce the learning goals to the student.

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.

 Write T if the sentence is true and 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.



heart



body



weight

others

- ☐ Use the pictures to talk about the benefits of walking.
- ☐ How do you maintain an active lifestyle?
- ☐ Do you think people in your country are more active or less active nowadays? Explain your reasons.

Summary

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 | 6. ease up |
| 2. lifestyle | 7. underrated |
| 3. strenuous | 8. ideal |
| 4. taxing | 9. chronic |
| 5. burn off | 10. maximize |

Your opinion...

.....
.....

