

Teacher's guide

Walking for Health – Upper Intermediate (B2–C1)



Canva Presentation Link: [Lesson Plan: Walking for Health](#)

Editable Presentation Link: [Lesson Plan: Walking for Health](#)

Editable Worksheet Link: [Student Worksheet: Walking for Health](#)

Video Link: [Do you really need to take 10,000 steps a day? – Shannon Odell](#)

Warm up

Part 1. Students look at the pictures, explain what they see and then discuss the questions.

Part 2. Students read and decide whether they agree, disagree, or partially agree with each statement and explain their reasoning.

Part 3. Before watching the video, students discuss the question.

Video activity

Part 1. Students watch the video and take notes on some of the mental & physical benefits of walking that are mentioned.

Answers may include:

- Improved mood
- Ease symptoms of anxiety and depression
- Release endorphins
- Curb the release of cortisol
- Muscles deliver more oxygen
- Heart becomes more efficient at pumping blood
- Lower blood pressure
- Reduce risk of heart attack & stroke
- Strengthen bones
- Aids weight management
- Reduces risk of type 2 diabetes, cancers & dementia

Part 2. Students watch the video again and answer the questions.

Suggested answers:

1. Because he was committed to his journey; unusual situations were part of the adventure and challenge.
2. He attempted to circumnavigate the globe on foot.
3. While Béliveau's journey is exceptional, the everyday benefits of walking—like improved mood and health—are accessible to everyone regardless of the distance covered.

Part 3. Students answer the remaining questions.

Suggested answers:

1. Cortisol – the stress hormone.
2. It does not require expensive equipment and can be integrated into everyday activities like commuting or shopping.

3. Because it helps maintain bone density, which typically decreases with age, and supports overall mobility and mental wellbeing.
4. It makes walking a more realistic and achievable goal for people with busy schedules or low fitness levels.
5. By creating safe, walkable spaces—such as converting roads into greenways or adding painted crosswalks—cities encourage more walking and reduce dependency on cars.

Part 4. Students complete the missing parts of the quotes from the video.

Answer Key:

1. Modest
2. Coordination
3. Accessible
4. Accumulated

Video follow-up

Part 1. Students discuss the questions.

Part 2. Students look at the quote from the video clip and discuss the questions.

To jump at an opportunity - to eagerly accept a chance to do something.

Part 3. Students match the first half of the phrase with the correct second half to form common collocations related to walking and wellness.

Answer key:

1. Boost your overall mood
2. Reduce your stress levels
3. Retain your bone density
4. Enhance your cardiovascular health
5. Integrate more physical activity
6. Increase your daily steps

Part 4. Students complete the sentences using the collocations or phrases from the matching activity.

Answer key:

1. By aiming to **increase your daily steps**, you can easily **integrate more physical activity** into your lifestyle.
2. Even a modest walk can **boost your overall mood** and **reduce your stress levels**.
3. Walking is a simple yet powerful way to **enhance your cardiovascular health** while **retaining your bone density** over time.

Review activity & final thoughts

Part 1. Students discuss the questions to reflect on what they've learnt during the lesson.