

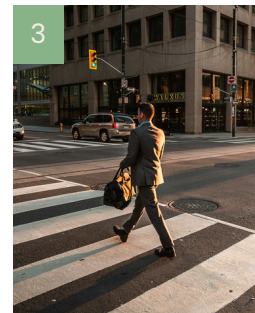
Walking for Health

Upper Intermediate (B2–C1)



WARM UP

Part 1. Take a look at the pictures below. What do you see? Talk about what's happening and then discuss the questions.



1. Have you experienced walking as a form of relaxation or exercise?
2. What small, everyday walking moments help you feel more energised or refreshed?
3. Describe a time when you felt low on energy or stressed. How did a walk help you change your mood or clear your mind?



Part 2. Read and decide whether you agree (A), disagree (D), or partially agree (P) with each statement. Then, explain your reasoning.

1. Taking a daily walk is just a simple activity and not really exercise.
2. You need to hit 10,000 steps every day to see any health benefits.
3. Walking outdoors is more beneficial than walking on a treadmill.
4. Urban design plays a crucial role in encouraging a walking lifestyle.
5. A short walk can improve your mood instantly.
6. Physical activity should only be done in structured fitness environments.

Part 3. Before watching the video “Do you really need to take 10,000 steps a day”, discuss the question below.

In what ways can walking positively affect both the body and the mind?

VIDEO ACTIVITY

Part 1. Watch the video. As you watch, take notes on some of the mental and physical benefits of walking that are mentioned.

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Part 2. Watch again, then answer the questions below based on the video.

1. Why did Jean Béliveau accept spending a night in jail?
2. What extreme feat did he accomplish over three years?
3. Contrast the extreme journey of Béliveau with the everyday benefits of walking.



Part 3. Answer the questions below based on the video.

1. What hormone does walking help reduce?
2. Why is walking considered accessible for most people?
3. Why might walking be especially important for older adults?
4. Why is it significant that steps don't need to be taken continuously to be beneficial?
5. How can small changes in urban design promote walking?

Part 4. Complete the missing parts of the quotes from the video.

1. "Research shows that adding even a _____ amount of walking to your daily routine can dramatically improve your health.
2. "While it may seem simple, walking requires the _____ and effort of many muscles in your legs, torso, and back."
3. "Unlike other forms, it doesn't require equipment and is often more _____ to people of varying ages and fitness levels."
4. "For those who live in walkable neighbourhoods, steps are easily _____ throughout the day; walking to work, to pick up groceries, or to meet with friends."

VIDEO FOLLOW-UP

Part 1. Share your thoughts on the video using the questions below.

1. What new ideas about the benefits of walking did the video share?
2. How might your attitude toward daily activity change after watching this clip?
3. Can you think of any practical ways to integrate more walking into your routine?

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

"While most people avoid spending the night in jail, Jean Béliveau **jumped at the opportunity.**"

1. What do you think "jumped at the opportunity" means in this context?
2. Can you think of a time when you jumped at an opportunity? What was it?

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

1. Boost your

2. Reduce your

3. Retain your

4. Enhance your

5. Integrate more

6. Increase your

Cardiovascular health

Daily steps

Overall mood

Bone density

Stress levels

Physical activity

Part 4. Complete these sentences using the collocations from the matching activity.

1. By aiming to _____, you can easily _____ into your lifestyle.
2. Even a modest walk can _____ and _____.
3. Walking is a simple yet powerful way to _____ while _____ over time.

REVIEW ACTIVITY & FINAL THOUGHTS....

Part 1. Discuss the questions below to reflect on what you've learnt during this lesson.

1. After learning about the mental and physical benefits of walking, do you think you'll change your daily routine? Why or why not?
2. Do you think walking is underrated as a form of exercise, or are people starting to take it more seriously?
3. The video highlights how small changes—like walking more or improving city design—can have a big impact. Can you think of other small habits that lead to major improvements in health or lifestyle?
4. If you had to summarise the message of this lesson in one sentence, what would you say?
5. How does this lesson connect to your personal beliefs or habits around health, fitness, or self-care?