

# WALKING

## OLD TRANSPORTATION METHODS

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### The Questions

1. What is one benefit of walking?

(1) Decreased endurance  
(2) Increased endurance  
(3) Increased stress  
(4) Weight gain

2. How can walking benefit you?

(1) By decreasing weight  
(2) By promoting weight  
(3) By increasing weight  
(4) By making people fat

3. What is a common goal?

(1) 5,000 steps  
(2) 10,000 steps  
(3) 15,000 steps  
(4) 20,000 steps

4. What can make walking easier?

(1) Walking alone  
(2) Walking with friends  
(3) Walking walking  
(4) Walking with a partner

5. What health benefits can walking provide?

(1) Increased risk of injury  
(2) Improved cardiovascular health  
(3) Improved mental health  
(4) Weight loss only

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Walking

Read the text and answer the questions.

Walking is a fundamental and natural form of physical activity that offers numerous benefits for both physical and mental health. It is one of the simplest ways to stay active, requiring no special equipment or training. Walking is accessible to people of all ages and fitness levels.

From a physical perspective, walking helps improve cardiovascular health by lowering heart rate and increasing blood circulation. It strengthens muscles, enhances endurance, and aids in maintaining a healthy weight. Regular walking can also reduce the risk of chronic diseases such as diabetes, hypertension, and certain types of cancer.

Mentally, walking has been shown to boost mood and reduce symptoms of anxiety and depression. It encourages the release of endorphins, chemicals in the brain that promote feelings of happiness and well-being. Furthermore, walking outdoors can enhance cognitive function, providing a refreshing break from daily routines.

Incorporating walking into daily life can be simple. Whether it's taking a short stroll during lunch, walking the dog, or choosing stairs over elevators, every step counts. Setting personal walking goals, such as aiming for 10,000 steps a day, can help motivate individuals to stay active.

Walking can also be a social activity. Walking with friends or joining walking groups can make the experience enjoyable and provide opportunities for social interaction. This social aspect can further enhance the mental health benefits of walking.

In summary, walking is a valuable and versatile activity that promotes physical health, enhances mental well-being, and fosters social connections. Making walking a regular part of daily life can lead to significant improvements in overall health and quality of life.

Read the text, then read the sentences and decide if they are true or false.

1. Walking is accessible to everyone.	True / False
2. Walking improves cardiovascular health.	True / False
3. Regular walking can reduce the risk of chronic diseases.	True / False
4. Walking alone is the best way to walk.	True / False
5. Walking can be a social activity.	True / False



Reading  
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