

Name: _____ Date: _____

Japanese Walking Trend (A1 - Beginner)

People in Japan live for a very long time. Many people are over 84 years old. Why? They eat healthy food, and they walk a lot. Now, a new walking idea is popular on TikTok. It is called 'Japanese Walking'. It is very simple. You walk fast for three minutes. Then, you walk slow for three minutes. You repeat this five times. Doctors say this is very good for your body. It helps your back and your blood. It can make you feel calm and not stressed. It can also help you live a long life.

Vocabulary Matching

Match the word to its correct definition.

Word	Definition
1. popular	a. easy to understand
2. simple	b. not moving quickly
3. fast	c. to do something again
4. slow	d. feeling worried or nervous
5. repeat	e. good for your body
6. healthy	f. liked by many people
7. stressed	g. your arms, legs, head, etc.
8. body	h. moving very quickly

Reading Comprehension Quiz

Choose the best answer for each question.

1. Why do people in Japan often live a long time?

- a) They sleep a lot
- b) They eat healthy and walk
- c) They play video games
- d) They drive fast cars

2. What is the new popular idea on TikTok?

- a) Japanese Cooking
- b) A new dance
- c) Japanese Walking
- d) A new song

3. How long do you walk fast in this exercise?

- a) One minute
- b) Three minutes
- c) Five minutes
- d) Ten minutes

4. What do you do after you walk fast?

- a) You stop
- b) You run
- c) You sit down
- d) You walk slow

5. Is 'Japanese Walking' good for you?

- a) Yes, it is very good
- b) No, it is bad
- c) The story does not say
- d) It is only for young people

Discussion Questions

Talk with a partner or in a small group.

1. Do you like to walk? Where do you walk?
2. What healthy food do you like to eat?
3. What makes you feel calm and not stressed?

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Japanese Walking Trend (B1 - Intermediate)

Japan is well-known for its high life expectancy, with people living to an average age of over 84. While a healthy diet is a major reason, another could be a simple habit: walking. This has inspired a new fitness trend on TikTok called 'Japanese Walking'. The method involves walking quickly for three minutes and then slowing down for another three minutes. This pattern is repeated five times for a 30-minute exercise. Health experts say this type of walking is great for your posture and blood circulation. It can also lower blood pressure and reduce stress. Interestingly, most people in Japan might not know the term 'Japanese Walking'. The name actually comes from a 2007 university study. The trend became popular worldwide because of an Australian fitness coach named Eugene Teo. He wanted to share a simple exercise routine with an easy-to-remember name.

Vocabulary Definitions

Write the correct word from the word bank next to its definition.

Word Bank: life expectancy | fitness trend | pattern | posture | blood circulation | reduce | routine

1. _____: the way you hold your body when you are standing or sitting.
2. _____: to make something smaller or less in amount.
3. _____: a usual or fixed way of doing things.
4. _____: the average number of years a person is expected to live.
5. _____: a series of actions or events that repeat in the same way.
6. _____: a new exercise or activity that has become popular.
7. _____: the movement of blood around your body.

Reading Comprehension Quiz

Choose the best answer for each question.

1. **What is one reason, besides diet, that Japanese people may live longer?**
 - a) Their genetics
 - b) Their walking habits
 - c) The weather in Japan
 - d) Their long work hours
2. **How long is the complete 'Japanese Walking' exercise?**
 - a) 3 minutes
 - b) 6 minutes
 - c) 15 minutes
 - d) 30 minutes
3. **Where did the name 'Japanese Walking' originate?**
 - a) An ancient Japanese tradition
 - b) A popular TikTok video
 - c) A Japanese university study
 - d) The Australian fitness coach
4. **Who made the walking method popular globally?**
 - a) Doctors in Japan
 - b) Eugene Teo, a fitness coach
 - c) TikTok's creators
 - d) Shinshu University
5. **Which of these is a benefit of 'Japanese Walking'?**
 - a) Better eyesight
 - b) Lower blood pressure
 - c) Stronger bones
 - d) Faster running speed

Discussion Questions

Discuss these questions with a partner or in a small group.

1. Have you ever tried a fitness trend you saw on social media? What was it?
2. Why do you think simple exercise routines often become very popular?
3. Besides diet and exercise, what other things do you think help people live a long and healthy life?

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Japanese Walking Trend (C1 - Advanced)

Japan consistently boasts one of the world's highest life expectancies, with its citizens living, on average, beyond 84 years. This longevity is often attributed to the nation's healthy diet, but another significant factor may be pedestrian activity. This very concept has fueled a new fitness phenomenon on TikTok known as 'Japanese Walking'. The technique is a form of interval training: one alternates between three minutes of brisk walking and three minutes at a slower pace. This cycle is repeated five times, creating an effective 30-minute workout. Health experts champion this method for its numerous benefits, which include improving posture, enhancing blood circulation, lowering blood pressure, and alleviating stress. It has even been linked to a reduced risk of dementia. Ironically, the term 'Japanese Walking' is largely unknown in Japan; to locals, it's simply walking. The name was coined by researchers at Shinshu University in 2007 following a study on high- and low-intensity exercise. Its recent global popularity was ignited by Eugene Teo, an Australian fitness coach, who aimed to make scientific health advice more accessible and memorable for the general public.

Vocabulary Use

Complete the sentences using the correct word from the word bank. You may need to change the form of the word.

Word Bank: longevity | attributed to | pedestrian activity | phenomenon | interval training | brisk | alleviating | coined | ignited | accessible

1. Her success is _____ hard work and a little bit of luck.
2. The coach's passionate speech _____ a comeback that won the team the championship.
3. The rise of social media is a cultural _____ that has changed how we communicate.
4. To improve my stamina, my trainer has me doing _____ on the treadmill.
5. A morning walk is good for your health, but a _____ walk is even better for your heart.
6. The politician's goal was to make new laws _____ and easy for everyone to understand.
7. The doctor gave me medicine for _____ my headache.
8. The term "cyberspace" was _____ by author William Gibson in 1982.

Reading Comprehension Quiz

Choose the best answer for each question.

1. **What is the primary methodology behind 'Japanese Walking'?**
 - a) Endurance running
 - b) Steady-state cardio
 - c) Interval training
 - d) Strength training
2. **What is ironic about the term 'Japanese Walking'?**
 - a) It was invented in Australia.
 - b) It is not a commonly used term in Japan.
 - c) It is more popular with older people.
 - d) It is difficult to perform correctly.
3. **What was the motivation for Eugene Teo to promote this method?**
 - a) To sell a fitness product
 - b) To win a social media award
 - c) To make scientific concepts easier to understand
 - d) To conduct his own research study
4. **The term for this exercise was 'coined' by researchers. This means they...**
 - a) proved it was effective.
 - b) paid people to do it.
 - c) discovered it by accident.
 - d) invented the name for it.
5. **Beyond purely physical benefits, what cognitive advantage is mentioned?**
 - a) Improved memory
 - b) Increased creativity
 - c) A reduced risk of dementia
 - d) Better problem-solving skills

Discussion Questions

Discuss these questions with a partner or in a small group.

1. What are the pros and cons of naming a health trend after a specific culture or country?
2. Social media can simplify complex scientific topics. Do you think this is more helpful or more harmful in the long run? Why?
3. Considering the benefits of simple activities like walking, do you think modern society overcomplicates fitness? Explain your view.

The News Minute: Answer Keys

A1 - Beginner

- **Vocabulary Matching:**

1. f
2. a
3. h
4. b
5. c
6. e
7. d
8. g

- **Reading Comprehension Quiz:**

1. b) They eat healthy and walk
2. c) Japanese Walking
3. b) Three minutes
4. d) You walk slow
5. a) Yes, it is very good

B1 - Intermediate

- **Vocabulary Definitions:**

1. Posture
2. Reduce
3. Routine
4. Life expectancy
5. Pattern
6. Fitness trend

7. Blood circulation

- **Reading Comprehension Quiz:**

1. b) Their walking habits
2. d) 30 minutes
3. c) A Japanese university study
4. b) Eugene Teo, a fitness coach
5. b) Lower blood pressure

C1 - Advanced

- **Vocabulary Use:**

1. attributed to
2. ignited
3. phenomenon
4. interval training
5. brisk
6. accessible
7. alleviating
8. coined

- **Reading Comprehension Quiz:**

1. c) Interval training
2. b) It is not a commonly used term in Japan.
3. c) To make scientific concepts easier to understand
4. d) invented the name for it.
5. c) A reduced risk of dementia