



**Fluentlicious**  
Materials for language learning

# Walking and health

Health lesson + video (B1/B2)







# Warm-up

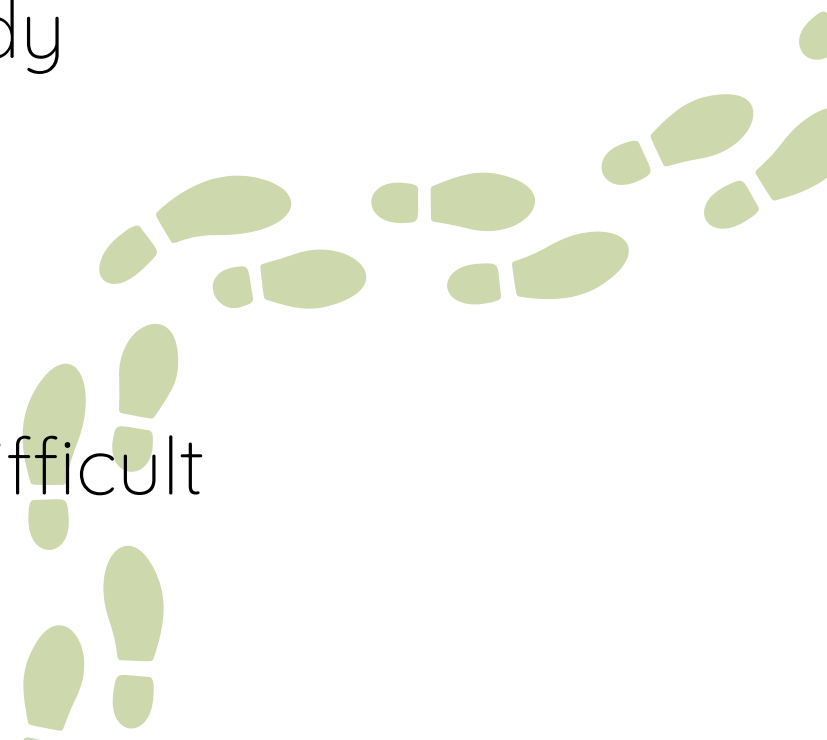
- How important is your health to you?
- What do you do to stay healthy?
- Do you walk every day? Where and why?
- Do you use a phone or watch to count your steps?
- How many steps do you take on a normal day?



# Vocabulary

- 1.modest
- 2.stroll
- 3.to ease
- 4.pace
- 5.bone density
- 6.walkable
- 7.vessels
- 8.to accumulate

- A. the speed at which someone walks or moves
- B. easy to walk around, with good paths and short distances
- C. the strength and thickness of bones
- D. to slowly collect or increase over time
- E. blood tubes that carry blood around the body
- F. small or not extreme
- G. a slow and relaxed walk
- H. to make something less strong, painful, or difficult



# Vocabulary - let's talk!

1. What is a modest amount of exercise for you?
2. Do you prefer a fast walk or a stroll? Why?
3. What activities help ease stress after a long day?
4. Do you usually walk at a slow or fast pace?
5. Why is good bone density important as people get older?
6. Is your neighbourhood walkable? What makes it good or bad for walking?
7. Why are healthy blood vessels important for the body?
8. What healthy habits can accumulate benefits over time?



# Vocabulary - odd one out

1. walk – stroll – hike – sprint
2. modest – extreme – small – reasonable
3. ease – rush – relax – reduce
4. stretch – pace – speed – rhythm
5. bones – muscles – vessels – lungs
6. collect – gather – lose – accumulate
7. walkable – friendly – accessible – healthy





# Vocabulary - let's rank it!

Rank the activities from very modest to very intense. There is no one correct answer — justify your choices.

1. slow stroll
2. walking at a steady pace
3. brisk walking
4. jogging
5. running
6. walking uphill





# Before we watch

Look at the statements below and share your opinion. Do you think the statements are **true** or **false**? Give reasons!

1. You need to walk 10,000 steps a day to be healthy.
2. Walking is good for your heart.
3. Walking can improve your mental health.
4. Slow walking has no real health benefits.
5. Walking can help prevent some diseases.
6. You must walk for a long time to see results.
7. Walking is especially important as people get older.
8. More steps always mean better health.





# Let's watch it!

Watch the video and take notes about the points we discussed before.

1. You need to walk 10,000 steps a day to be healthy.
2. Walking is good for your heart.
3. Walking can improve your mental health.
4. Slow walking has no real health benefits.
5. Walking can help prevent some diseases.
6. You must walk for a long time to see results.
7. Walking is especially important as people get older.
8. More steps always mean better health.





# Let's watch



# Let's watch



[https://www.ted.com/talks/shannon\\_odell\\_do\\_you\\_really\\_need\\_to\\_take\\_10\\_000\\_steps\\_a\\_day](https://www.ted.com/talks/shannon_odell_do_you_really_need_to_take_10_000_steps_a_day)



# Let's talk!

- Which idea surprised you the most?
- Did anything change your opinion?
- Do you agree with the speaker? Why / why not?







# Let's plan

How can we add more exercise during the day? Imagine you need to help the following people:

- a very busy office worker
- an older person
- someone who doesn't like sports

Find ways to add more exercise and sport to their lives.



# Health myths



Look at the statements below. Decide if each statement is true or if it is a common health myth.

**You must drink 8 glasses of water a day.**

**Cracking your knuckles causes arthritis.**

**Coffee dehydrates you.**

**You can “catch up” on sleep on weekends.**



# Health myths - answers

**You must  
drink 8  
glasses of  
water a day.**

Truth: There's no scientific rule that everyone needs exactly 8 glasses of plain water daily; hydration needs vary by climate, activity, body size, and even the water in food counts toward your daily intake.

**Coffee  
dehydrates  
you.**

Truth: Although coffee is a mild diuretic, the fluid it provides largely offsets any diuretic effect — so it still contributes to your hydration.

**Cracking your  
knuckles causes  
arthritis.**

Truth: Research shows knuckle cracking does not increase the risk of arthritis, though it might affect grip strength or cause swelling in rare cases.

**You can “catch  
up” on sleep  
on weekends.**

Truth: Although extra weekend sleep helps you feel better, it doesn't fully counteract the negative effects of chronic weekday sleep deprivation.







# Answer key

Vocabulary match:

1-F, 2-G, 3-H, 4-A, 5-C, 6-B, 7-E, 8-D

Odd one out:

- 1.sprint
- 2.extreme
- 3.rush
- 4.stretch
- 5.lungs or bones (depending on how you explain it)
- 6.lose
- 7.healthy

Video:

- 1.No, any number of steps will be beneficial.True
- 2.True
- 3.False
- 4.True
- 5.False
- 6.True
- 7.Not necessarily





**Thank you!**  
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