



How Many Daily Steps Do You Really Need?

Description

People often hear that walking 10,000 steps a day is important for health. This number is thought to be based on medical advice given by doctors everywhere.

The 10,000-step goal actually started in Japan, not from research. It came from a pedometer called the manpo-kei, meaning "10,000-step meter." This device was sold after the 1964 Tokyo Olympics when people were worried about not moving enough.

The number was chosen because it was easy to remember and the Japanese character for 10,000 looks like a person walking. But it was more of a marketing idea than a scientific one.

Research shows that reaching 10,000 steps can be good, but even fewer steps help health. A study combined results from 57 studies with over 160,000 adults. It found that 7,000 steps a day can lower the risk of early death, heart disease, diabetes, dementia, depression, and falls.

Starting from 2,000 steps and moving to 4,000 also brings health benefits. These increase further up to about 7,000 steps before leveling off.

Walking is a type of aerobic exercise, which raises your heart rate and helps the heart and muscles. It can improve mood by boosting confidence.

Walking faster can also increase health benefits quickly. Official advice considers 75 minutes of vigorous activity equal to 150 minutes of moderate activity. Adding weight training twice a week can further increase overall health.

Vocabulary List:

1. **pedometer** //ˈpɛdəˌmɪtər// (noun): a device that counts steps when you walk
2. **marketing** //ˈmɑrkəˌtɪŋ// (noun): activities to help sell something to people
3. **research** //ˈriːsɜːtʃ// (noun): careful study to find new facts
4. **risk** //rɪsk// (noun): chance that something bad may happen
5. **aerobic** //ɛˈroʊbɪk// (adjective): exercise that increases breathing and heart rate
6. **vigorous** //ˈvɪɡərəs// (adjective): very strong or done with much energy

Comprehension Questions



Multiple Choice

1. What does the term 'manpo-kei' mean?

- Option: 10,000-step meter
- Option: Walking device
- Option: Health advice
- Option: Fitness tracker

2. When was the manpo-kei pedometer sold?

- Option: 1960 Tokyo Olympics
- Option: 1964 Tokyo Olympics
- Option: 1970 Tokyo Olympics
- Option: 1980 Tokyo Olympics

3. How many steps a day can lower the risk of early death and other health issues according to research?

- Option: 5,000 steps
- Option: 6,000 steps
- Option: 7,000 steps
- Option: 8,000 steps

4. Which type of exercise is walking classified as?

- Option: Anaerobic exercise
- Option: Aerobic exercise
- Option: Strength training
- Option: Flexibility training

5. What is the recommended duration of vigorous activity that is equivalent to 150 minutes of moderate activity?

- Option: 30 minutes
- Option: 60 minutes
- Option: 75 minutes
- Option: 90 minutes

6. What marketing idea originated from the Japanese character for the number 10,000?

- Option: It represents a step count
- Option: It indicates heart health
- Option: It symbolizes fitness goals
- Option: It shows weight loss



True-False

- 7. The 10,000-step goal was based on extensive scientific research.
- 8. Walking 2,000 steps can provide health benefits.
- 9. The manpo-kei was introduced after the 1984 Olympics.
- 10. Reaching 7,000 steps a day is beneficial for preventing depression.
- 11. Walking can improve mood by boosting confidence.
- 12. Adding weight training once a week does not affect overall health.

Gap-Fill

- 13. The 10,000-step goal actually started in Japan, not from _____.
- 14. The manpo-kei comes from the Japanese words meaning '10,000-step _____'.
- 15. Research shows that even _____ steps can benefit health.
- 16. Walking is a type of _____ exercise that helps the heart and muscles.
- 17. Official advice states that 75 minutes of vigorous activity is equal to 150 minutes of _____ activity.
- 18. Starting from 2,000 steps and moving to 4,000 also brings _____ benefits.

Answer

Multiple Choice: 1. 10,000-step meter 2. 1964 Tokyo Olympics 3. 7,000 steps 4. Aerobic exercise 5. 75 minutes 6. It represents a step count

True-False: 7. False 8. True 9. False 10. True 11. True 12. False

Gap-Fill: 13. research 14. meter 15. fewer 16. aerobic 17. moderate 18. health



Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What is a pedometer primarily used for?
Option: Measuring heart rate
Option: Counting steps
Option: Calculating calories burned
Option: Monitoring sleep
2. Which of the following exercises is considered aerobic?
Option: Weightlifting
Option: Running
Option: Yoga
Option: Pilates
3. What is a common health risk associated with obesity?
Option: Hearing loss
Option: Asthma
Option: Dementia
Option: Skin cancer
4. Microplastics are primarily a concern because they can be found in _____.
Option: Water
Option: Air
Option: Soil
Option: All of the above
5. Which of the following terms is related to cognitive functions?
Option: Motor skills
Option: Emotional stability
Option: Memory
Option: Physical strength
6. What condition is characterized by inflammation in the body?
Option: Allergies
Option: Chronic pain
Option: Hypertension
Option: All of the above
7. Peristalsis is important for _____.



- Option: Digesting food
- Option: Respiratory function
- Option: Circulating blood
- Option: Neural activity

8. What is the main function of laxatives?

- Option: Enhance digestion
- Option: Relieve constipation
- Option: Reduce inflammation
- Option: Increase appetite

9. Visceral fat is particularly dangerous because it is located ____.

- Option: Under the skin
- Option: Around vital organs
- Option: In the legs
- Option: In the arms

10. Phthalates are commonly found in which type of products?

- Option: Food items
- Option: Cosmetic products
- Option: Construction materials
- Option: Plant fertilizers

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. Microplastics can be harmful to marine life and human health, as they can _____

in various environments.

12. Maintaining a _____ environment is essential for preventing the spread of bacteria.

13. Chronic diseases often require long-term management and can lead to _____

complications.

14. People with food allergies often have specific _____ restrictions they must follow.

15. High levels of visceral fat can increase the _____ of developing type 2 diabetes.

16. Engaging in _____ exercises can significantly improve cardiovascular health.



17. Some types of _____ are beneficial to our microbiota and digestive health.
18. Increasing public _____ about the dangers of microplastics is crucial for environmental protection.
19. Vigorous physical activity is often recommended for improving overall health and wellness, including _____ reduction.
20. Each conference _____ was provided with materials to accommodate their needs and interests.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Cognitive decline can be influenced by various factors, including lifestyle choices.
22. A pedometer is a useful tool for individuals looking to increase their daily physical activity.
23. Inflammation in the body can lead to various chronic health issues if not managed properly.
24. Microplastics have become a significant environmental concern due to their prevalence in oceans.
25. Obesity is often linked to increased risk of heart disease and other health complications.
26. Laxatives are commonly used to relieve constipation and promote regular bowel movements.
27. Aerobic exercises boost cardiovascular fitness and stamina through sustained physical activity.
28. Dietary choices can significantly impact overall health and wellness outcomes.
29. Visceral fat is more harmful than subcutaneous fat because of its location around internal organs.
30. Certain types of bacteria are essential for a healthy gut microbiota and digestion.

Answer

Multiple Choice: 1. Counting steps 2. Running 3. Dementia 4. All of the above 5. Memory 6. All of the above 7. Digesting food 8. Relieve constipation 9. Around vital organs 10. Cosmetic products

Gap-Fill: 11. leach 12. hygienic 13. serious 14. dietary 15. risk 16. aerobic 17. bacteria 18. awareness 19. obesity



20. attendee

Matching sentence: 1. cognitive 2. pedometer 3. inflammation 4. microplastics 5. obesity 6. laxatives 7. aerobic 8. dietary 9. visceral 10. bacteria

CATEGORY

1. Health - LEVEL3

POST TAG

1. B1
2. daily exercise
3. English learning
4. esl news
5. ESL reading
6. L3
7. Level 3
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Author

aimeeyoung99