



How Many Daily Steps Do You Truly Need?

Description

Taking 10,000 steps a day is often seen as essential for good health. But where did this idea originate, and is it accurate?

The concept comes from Japan in 1964, not from scientific research. It started with a pedometer called the "manpo-kei," meaning "10,000-step meter," launched after the Tokyo Olympics due to concerns about people being inactive. The number was catchy, partly because the Japanese character for 10,000 resembles a walking figure.

Originally, 10,000 steps was more of a marketing strategy than a health guideline. However, research indicates that walking 10,000 steps daily can be beneficial, though fewer steps can still boost health. A review of 57 studies involving over 160,000 adults found that health benefits peak at around 7,000 steps a day. Walking 7,000 steps reduces the risk of early death by 47%, heart issues by 25%, type 2 diabetes by 14%, dementia by 38%, depression by 22%, and falls by 28%.

Increases in steps from 2,000 to 4,000 and then to 7,000 show notable health gains, although benefits level off beyond that. Research aligns this with findings that moving from inactivity to moderate activity provides the most health improvements.

Walking is aerobic exercise, beneficial for heart and mental health. It's important to also consider exercise intensity. Vigorous activity offers more health benefits in less time compared to moderate activity. Therefore, measuring exercise by minutes could be more effective than counting steps.

Additionally, aerobic exercise like walking doesn't cover all fitness needs. Anaerobic fitness, related to muscle strength, is crucial for a higher quality of life and longevity. Health guidelines suggest combining walking with muscle-strengthening exercises twice a week. This helps reduce risks of diabetes, falls, and promotes independence as we age.

Vocabulary List:

1. **originate** //ə'ɹɪdʒə,neɪt// (verb): to begin or come from a particular place
2. **pedometer** //pə'dɒmɪtər// (noun): a device that counts steps when you walk
3. **guideline** //'gaɪdlɪn// (noun): a rule or advice for how to do something
4. **review** //rɪ'vju:// (noun): a report that looks at many studies
5. **aerobic** //ɛ'roʊbɪk// (adjective): exercise that uses large muscles and helps heart
6. **anaerobic** //,ænə'roʊbɪk// (adjective): exercise that builds strength without much oxygen



Comprehension Questions

Multiple Choice

1. What does the term 'manpo-kei' mean?
Option: 10,000-step meter
Option: Walking figure
Option: Health guidelines
Option: Aerobic exercise
2. When was the concept of 10,000 steps popularized?
Option: 1964
Option: 1980
Option: 1990
Option: 2000
3. According to research, how many steps a day maximizes health benefits?
Option: 5,000 steps
Option: 7,000 steps
Option: 10,000 steps
Option: 15,000 steps
4. What percentage does walking 7,000 steps reduce the risk of early death?
Option: 25%
Option: 38%
Option: 47%
Option: 22%
5. Which exercise intensity offers more health benefits in less time?
Option: Light activity
Option: Moderate activity
Option: Vigorous activity
Option: No activity
6. What essential fitness aspect is not covered by walking?
Option: Cardiovascular health



- Option: Muscle strength
- Option: Flexibility
- Option: Endurance

True-False

- 7. The idea of taking 10,000 steps a day originated from scientific research.
- 8. The original purpose of the 10,000 steps guideline was a marketing strategy.
- 9. Walking is an anaerobic exercise.
- 10. Benefits of walking level off after 7,000 steps a day.
- 11. Walking 7,000 steps a day has no impact on the risk of type 2 diabetes.
- 12. The Japanese character for 10,000 resembles a walking figure.

Gap-Fill

- 13. The concept of 10,000 steps was started with a pedometer called the _____.
- 14. A review of 57 studies indicated that health benefits peak at around _____ steps a day.
- 15. Walking reduces the risk of early death by _____ %.
- 16. Combining walking with muscle-strengthening exercises is important for _____ as we age.
- 17. Walking is considered an _____ exercise.
- 18. Health gains are notable when increasing steps from 2,000 to _____ steps.

Answer

Multiple Choice: 1. 10,000-step meter 2. 1964 3. 7,000 steps 4. 47% 5. Vigorous activity 6. Muscle strength
True-False: 7. False



8. True 9. False 10. True 11. False 12. True

Gap-Fill: 13. manpo-kei 14. 7,000 15. 47 16. independence 17. aerobic 18. 4,000

CATEGORY

1. Health - LEVEL4

POST TAG

1. \$10
2. 000 steps
3. B2
4. daily steps
5. ESL learning
6. esl news
7. L4
8. Level 4
9. walking

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Date Created

2026/08/05

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