

Rapid Human Evolution Observed on Tibetan Plateau

Description

A recent study has shown that walking in nature can have many health benefits. The study looked at 50 people who walked in a city and a forest. Researchers found that people felt happier and less stressed after walking in the forest. They also discovered that people who walked in nature had lower blood pressure and heart rates than those who walked in the city.

This research suggests that spending time in nature is good for both mental and physical health. The findings are important because they show that taking a simple walk in a natural setting can improve well-being. People today are often busy and stressed, so finding time to relax in nature can be very helpful.

The study was conducted by scientists from a well-known university. They asked participants to take two walks—one in a busy city area and another in a quiet forest. Each walk lasted 30 minutes. Before and after each walk, the scientists measured the participants' heart rates and blood pressure and asked them how they felt.

Many people said they felt more relaxed and happy after their walk in the forest. The forest walk group also showed a drop in stress levels, while the city walk group did not show much change. This suggests that being in a peaceful natural environment can help reduce stress and improve mood.

In today's fast-paced world, it's important to find ways to relax. This study shows that spending even a short amount of time in nature can make a big difference in how we feel. So next time you need a break, consider going for a walk in the nearest park or forest.

Vocabulary List:

- 1. Participants /pa:r'tɪsɪpənts/ (noun): Individuals who take part in a study or activity.
- 2. Stress /stres/ (noun): A state of mental or emotional strain resulting from adverse or demanding circumstances.
- 3. Relax /rɪˈlæks/ (verb): To make or become less severe or intense; to rest or take time off.
- 4. **Well-being** /wɛl'biːɪŋ/ (noun): The state of being comfortable healthy or happy.
- 5. **Blood Pressure** /blʌd 'prɛʃər/ (noun): The pressure of the blood in the circulatory system.
- 6. Happier /'hæpiər/ (adjective): Feeling or showing pleasure or contentment; more happy.

Comprehension Questions



Multiple Choice

1. Which group showed lower blood pressure and heart rates in the study?

Option: Those who walked in the city Option: Those who walked in the forest

Option: Both groups showed the same results

Option: The study did not mention

2. What was the duration of each walk in the study?

Option: 15 minutes Option: 30 minutes Option: 1 hour Option: 2 hours

3. What did the forest walk group experience in terms of stress levels?

Option: Increase in stress levels
Option: No change in stress levels
Option: Decrease in stress levels
Option: Varying stress levels

4. Who conducted the study on the benefits of walking in nature?

Option: Doctors

Option: Scientists from a well-known university

Option: Fitness trainers Option: Psychologists

5. What was one of the significant findings of the study?

Option: Walking in nature has no effect on well-being Option: City walks are more beneficial than forest walks

Option: Nature walks can improve well-being

Option: Stress levels are not affected by the environment

6. Why is finding time to relax in nature important according to the text?

Option: To improve physical fitness only

Option: To reduce work stress

Option: To avoid social interactions Option: To escape responsibilities



True-False

- 7. Walking in a forest may lead to feeling less stressed.
- 8. The city walk group showed a significant drop in stress levels in the study.
- 9. People who walked in nature had higher heart rates compared to those in the city.
- 10. The study involved 100 participants in total.
- 11. The forest walk group had no change in mood after their walk.
- 12. Spending time in nature has no impact on mental health.

Gap-Fill

13. According to the text, people who walked in nature had lower blood pressure and heart rates than thos
who walked in the
14. The study was conducted by scientists from a well-known university, and they asked participants to
take walks in a city area and a
15. Before and after each walk, the scientists measured the participants' heart rates and blood pressure
and asked them how they
16. The forest walk group experienced a drop in levels, indicating the benefits of
natural surroundings.
17. According to the study, spending even a short amount of time in can greatly
influence one's well-being.

18. The study findings emphasize the importance of finding ways to relax and rejuvenate, especially in



toda	v's	fast-	paced	

Answer

Multiple Choice: 1. Those who walked in the forest 2. 30 minutes 3. Decrease in stress levels 4. Scientists

from a well-known university 5. Nature walks can improve well-being 6. To reduce work stress

True-False: 7. True 8. False 9. False 10. False 11. False 12. False **Gap-Fill:** 13. city 14. forest 15. felt 16. stress 17. nature 18. world

Answer

CATEGORY

1. Health - LEVEL3

Date Created 2025/02/07 **Author** aimeeyoung99

