



Taking 2,200 Steps Daily Can Lower Risk of Early Death, Study Shows

Description

Research shows that taking up to 10,000 steps a day can lower the chance of heart disease and early death. This holds even if you sit for most of the day. This information comes from a study in the British Journal of Sports Medicine.

The study says that even taking an extra step above 2,200 steps a day can help. It does not matter how much time you spend sitting. People who took 9,000 to 10,500 steps a day had the lowest chance of dying early.

The study also tells us about stroke and heart attack. Those who walked about 9,700 steps a day had the lowest chances of these health problems.

Experts from the University of Sydney led this study. They studied data from over 70,000 people. These people were about 61 years old. They came from the UK Biobank.

For the study, people wore a device for a week to measure how much they moved. After seven years, the experts noted 1,633 deaths. They also noted 6,190 cases of heart attack or stroke.

The study found that taking between 9,000 and 10,500 steps a day could lower the risk of early death by 39%. It could also lower the chance of heart attack or stroke by over one fifth.

Julie Ward, a senior nurse, commented on the study. She said, "We know that daily physical activity is essential. It helps maintain a healthy lifestyle. It can also lower the risk of heart conditions and stroke. We encourage everyone to do 150 minutes of moderate exercise a week." She advised people to keep moving and take small steps towards the goal of 10,000 steps a day.

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Vocabulary List:

1. **Research** // (noun): The systematic investigation into and study of materials and sources in order to establish facts and reach new conclusions.
2. **Chance** // (noun): A possibility of something happening.
3. **Heart disease** // (noun): A range of conditions that affect the heartsuch as coronary artery disease.
4. **Early death** // (noun): Death occurring earlier than expectedoften due to preventable causes.
5. **Stroke** // (noun): A sudden interruption in the blood supply of the brain.
6. **Heart attack** // (noun): A sudden occurrence of heart failure due to the loss of blood supply to part of the heart muscle.

Vocabulary quizzes

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

1. Which type of virus can cause symptoms such as fever cough and sore throat?
Option: Adenovirus
Option: Norovirus
Option: Diabetes
Option: Heart disease
2. What term refers to individuals who have received a vaccine to prevent a specific disease?
Option: Vaccinated
Option: Psychiatric
Option: Handle
Option: Transparency
3. Excessive body weight that increases the risk of various health conditions is known as:
Option: Obesity
Option: Commit



Option: Test
Option: Consuming

4. Which type of food is a good source of fiber and nutrients and is recommended for a healthy diet?

Option: Whole grains
Option: Fluids
Option: Research
Option: Facilities

5. What virus is highly contagious and can cause stomach pain nausea vomiting and diarrhea?

Option: Norovirus
Option: Chance
Option: Promise
Option: Early death

6. Which term describes the possibility of something happening?

Option: Chance
Option: Shellfish
Option: Heart attack
Option: Handle

7. What process involves the systematic investigation into and study of materials and sources to establish facts and reach new conclusions?

Option: Research
Option: Facilities
Option: Psychiatric
Option: Ultra-processed

8. Food products that are significantly altered from their original form and often contain additives fall under which category?

Option: Ultra-processed
Option: Commit
Option: Promises
Option: Fluids

9. Which term refers to the quality of being easily understood and openly communicated?

Option: Transparency
Option: Diarrhoea
Option: Handle
Option: Medicines

10. What medical condition causes inflammation of the stomach and intestines leading to symptoms like diarrhea and vomiting?



- Option: Gastroenteritis
- Option: Handles
- Option: Promise
- Option: Immune system

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

11. A _____ occurs when blood flow to a part of the heart is blocked for a long enough time that part of the heart muscle is damaged or dies.
12. To achieve success you must _____ to your goals and work hard towards them consistently.
13. Making a _____ to oneself to maintain a healthy lifestyle can lead to long-term benefits.
14. People allergic to _____ should avoid consuming them to prevent severe reactions.
15. Staying hydrated by drinking an adequate amount of _____ is essential for overall health.
16. Regular exercise and a balanced diet help maintain a strong and healthy _____.
17. One of the symptoms of certain infections is persistent _____ which can lead to dehydration.
18. Always consult a healthcare professional before taking any new _____ to avoid potential interactions.
19. Healthcare _____ such as hospitals and clinics play a crucial role in providing medical services to the community.
20. It is important to _____ a qualified and experienced healthcare provider for accurate



diagnosis and treatment.

21. Learning how to effectively _____ stress is key to maintaining mental and emotional well-being.

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

22. Issues related to mental health may require the expertise of professionals in this field.
23. To reach your fitness goals you must dedicate yourself to consistent effort and hard work.
24. Learning how to effectively manage daily stress is important for one's well-being.
25. Making a commitment to healthy habits often starts with a personal pledge to oneself.
26. In the healthcare industry clear and honest communication is key to building trust with patients.
27. Scientists conduct experiments and gather data to advance knowledge and make new discoveries in various fields.
28. Modern hospitals are well-equipped with state-of-the-art technology and resources to provide quality care.
29. Promising oneself to maintain a balanced diet and regular exercise routine can lead to improved health.
30. There is always a possibility or opportunity for positive outcomes to occur in any situation.
31. Developing coping mechanisms to handle stress is crucial for mental resilience and emotional well-being.

Answer

Multiple Choice: 1. Adenovirus 2. Vaccinated 3. Obesity 4. Whole grains 5. Norovirus 6. Chance 7. Research 8. Ultra-processed 9. Transparency 10. Gastroenteritis

Gap-Fill: 11. Heart attack 12. Commit 13. Promise 14. Shellfish 15. Fluids 16. Immune system 17. Diarrhoea 18. Medicines 19. Facilities 20. Appoint 21. Handle

Matching sentence: 1. Psychiatric 2. Commit 3. Handle 4. Promise 5. Transparency 6. Research 7. Facilities 8. Promise 9. Chance 10. Handle



CATEGORY

1. Health - LEVEL2

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