

VIBE ACTIVITIES

Healthy Body – Walking v Running page 26



HEALTHY VIBE

HEALTHY BODY

Walking v running

You've got to walk before you can run



Which is better for you – running or walking? Both are great, but recent American research has shown that walking is actually better than running for reducing hypertension (high blood pressure) and high cholesterol, as well as the risks of diabetes and coronary heart disease. Walking lacks the intensity of the fat burn that you get from running, but running is also harder on the joints. It's a case of choosing the best exercise for you.

The pros of running

Because running is an intense form of physical activity, runners burn more calories and exercise the heart to higher levels within a shorter period of time. Running burns more calories. In terms of weight loss, running wins hands-down.

Calories burned per hour for a 73kg person:

- ★ Walking at 3 miles per hour (mph) – 317
- ★ Walking 4mph – 374
- ★ Running 5mph – 614
- ★ Running 10mph – 1,306

In general, you'd have to walk for nearly an hour in order to get a similar weight-loss benefit to a half-hour run.

Other health benefits include: building strong bones (because running is a weight-bearing exercise) strengthening muscles, improving cardiovascular fitness and burning plenty of kilojoules.

The cons of running

Running requires a higher level of overall fitness than jogging or walking do.

Injury is the other con... the impact of running on your joints can be more than three times your body weight, so every step has triple the impact of walking. Due to the repetitive movement of running, the risk of injury to the hip, knee and ankle joints is greater than with walking.

The pros of walking

Two new health studies in the US – the National Runners' and the National Walkers' Health Studies – looked at data from 33,000 runners and 15,000 walkers (ranging in age from 18 to 80). They calculated their energy expenditures and examined their health problems over a period of six years.

Here's what the researchers found...

- ★ Running significantly reduced the risk for being diagnosed with hypertension by 4.2%, while walking reduced the risk by 7.2%
- ★ Running reduced the chances of having high cholesterol by 4.3% and walking by 7%
- ★ Running lowered the risk of diabetes by 12.1%, while walking dropped the risk by 12.3%
- ★ Running reduced coronary heart disease risk by 4.5% compared to 9.3% for walking.

The results show that for many people, walking may be more appealing and sustainable than running.

Walking can help you lose body fat, maintain a healthy weight and reduce the risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers.

Walking is low impact, requires minimal equipment, can be done at any time, at any pace. It's also a great form of physical activity for people who are overweight, the elderly or those who haven't exercised in a long time. Walking can lead to stronger bones and improved balance, as well as increased muscle strength and endurance.

Walking also keeps you sharp. Some studies have also found that walking can counteract memory loss in people over age 50. It also reduces stress. Studies back up that walking benefits your mood and may even help ward off depression and anxiety.

Walking can boost your energy levels, and it can improve the quality of your sleep.

Walking is one of the simplest, cheapest and most gentle ways to exercise. Done regularly, it can increase cardiovascular fitness, improving the heart and lungs and working the muscles of the lower body.

The cons of walking

To get the health benefits of walking, your walk should not be a leisurely stroll, but a brisk walk for at least 30 minutes on most days of the week. 'Brisk' means that you can still talk but not sing, and you may be puffing slightly.

If it's too difficult to walk for 30 minutes at a time, do regular small bouts (10 minutes), three times a day, and gradually build up to longer sessions. If your goal is to lose weight, you will need to do physical activity for longer than 30 minutes each day. To reap these kinds of health benefits, walkers have to expend as much energy as runners.

Health experts around the world advise that if we walk 10,000 steps a day (that's around 8km) we will reap the benefits in terms of a healthy cardiovascular system and reduced body fat.

Conclusion

Walking and running both have health benefits and are great ways to keep fit and stay in shape. Choose the one that meets your needs and preferences.

Whether you walk or run, aim for 30 to 60 minutes exercise a day. It doesn't have to be all at once — three or four 15-minute blocks throughout the day is just as good.

The results show that for many people, walking may be more appealing and sustainable than running.

Do you prefer to walk or run for exercise?

READ *Healthy Vibe Healthy Body – Walking v Running* on page 26

ACTIVITY 1

BUILDING READING SKILLS



- skimming and scanning for information
- reading headings, text boxes and pictures
- reading for meaning
- making connections between the text and your world

There are three levels of comprehension questions:

- Literal** The answer is located in one sentence in the text.
- Inferred** You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.
- Applied** The answer is in your background knowledge, what you already know or feel.

1 Which gives your heart a more intense workout – running or walking? Why?
(inferred)

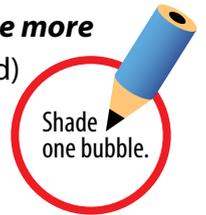


2 Fill in this table to list the advantages of running and walking as exercise.

(inferred)

Advantages of running	Advantages of walking

3 The text says, "*The results show that for many people, walking may be more appealing and sustainable than running.*" This means that (inferred)



- people don't like to run or walk for exercise.
- people may enjoy walking more than running and may be able to stick to it longer.
- people prefer to run rather than walk.
- people get tired of walking more quickly than they get tired of running.

4 The text says, "*Running lowered the risk of diabetes by 12.1% while walking dropped the risk by 12.3%.*"

According to these statistics, if you want to reduce your risk of getting diabetes (inferred)

- running is much better for you than walking.
- walking is much better for you than running.
- you gain a similar benefit from running and walking.
- lots of people have diabetes.

5 According to the conclusion, how much exercise should you aim to do every day?

(literal)



ACTIVITY 2

WORKING WITH WORDS

- 1** Read this passage. In the numbered boxes below are two words. Circle the one that correctly completes the sentence.

To get the health 1 of walking, your walk should not be a leisurely 2, but a brisk walk for 3 30 minutes on most days of the week. If it's too 4 to walk for 30 minutes at a time, do regular small bouts (10 minutes) three times a day and gradually build up to 5 sessions.

1	2	3	4	5
benefits	sprint	at least	easy	longer
risks	stroll	at most	difficult	shorter

- 2** Use a dictionary to find the meaning of these words from the text.



Write your answer on the lines.

a) **hypertension**

b) **intensity**

c) **calories**

d) **cardiovascular fitness**

e) **repetitive**

f) **calculated**

Place the words in alphabetical order.

3 In a dictionary there are these guide words or word stems at the top of certain pages

MEE	page 202
MER	page 204
MET	page 205
MIK	page 206
MIN	page 207



On which pages would you find these words?

meet		melon	
mill		mercy	
middle		mend	
menu		might	
minute		member	

ACTIVITY 3

LANGUAGE CONVENTIONS - SPELLING

1 The spelling mistakes in these sentences have been underlined. Write the correct spelling for each word in the box.

Runing and walking are both good forms of exercise.

You can bild strong bones.

Walking may be more apeeling.



2 Unscramble these words from the text.



kawlnig	
seeecirx	
urnngni	

3 Each sentence has one word that is incorrect.
Write the correct spelling of the word in the box.

There are good benefhits from both.

Choose the one that meats your needs.

The risk of heart disease droped.



ACTIVITY 4

WRITING A DISCUSSION

TOPIC – Walking has more health benefits than running.



A Discussion is a type of Argument text that argues two or more points of view about an issue. Discussions begin by stating the Issue, and then give different Sides to the debate, concluding with a Resolution, judging which side is more valid.

ARGUMENT type	Social purpose	Stages	Phases
Discussion	Debates two or more points of view	Issue Sides - arguments for and arguments against Resolution	Preview all points evidence statistics quotes examples elaborations conclusions - review all the points and state which side you agree with

**Do you agree? Do you disagree?
Brainstorm your ideas for and against.**

Reasons that walking is better than running	Reasons that running is better than walking

Which side of the argument do you agree with?

Write a DISCUSSION to convince a reader of your opinion.

Think about:

- examples, statistics, elaborations and other evidence to support your ideas.

Remember to:

- research your topic and plan your writing.
- choose your arguments carefully.
- start with an attention-grabbing introduction.
- state your arguments clearly.
- give reasons and examples for your arguments.
- write in sentences.
- use words that connect your ideas (firstly, next, in addition to, in conclusion...).
- use a new paragraph for each new idea.
- choose your words carefully to convince a reader of your opinions.
- pay attention to your spelling and punctuation.
- check and edit your writing so that it is clear for a reader.