### **'Japanese walking' could help you live longer**

Japan often has the longest life expectancy – an average age of 84. People say this is because of a healthy diet. Another reason is that Japanese people walk a lot. This started a new trend on TikTok, called "Japanese Walking". This is walking quickly five times for three minutes and then slowly five times for three minutes. Experts say it is good for posture, lowering blood pressure, and reducing stress. Doctors say it can help people live longer.

Japanese people might not know about the term "Japanese Walking". Researchers at Shinshu University thought of it in 2007. They conducted a study on fast and slow walking. An Australian fitness coach and social media content creator made many videos on Japanese walking. They have had 10 million views on TikTok. The coach said he wanted to make fitness advice easier for people to understand and access.

**Homework:**

Write a full-sentence answer for each question below.

1. What is the average age that Japanese people live to?
2. How many times do people walk slowly with Japanese walking?
3. What might Japanese walking be good at lowering?
4. Who might not know about the term "Japanese walking"?
5. When did the term "Japanese walking" originate?