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

Japan is often reported as having the longest life expectancy. Japanese people live to be an average of above 84 years old. Many people say this is because of the country's healthy diet. Another reason could be how people walk. Japanese people walk a lot. This has started a new fitness trend on TikTok, called "Japanese Walking". It involves walking quickly for three minutes and then slowing down for three minutes. Walkers repeat this pattern five times. Health experts say Japanese walking is good for posture, blood circulation, lowering blood pressure, and reducing stress. It has also been linked to a lower risk of dementia. Doctors also say it can help people live longer.

Japanese people might not know about the term "Japanese Walking". To them, it is just walking. Researchers at Shinshu University in Matsumoto, Japan came up with the name in 2007. They conducted a study on high- and low-intensity walking. The recent worldwide popularity of the walking method is due to videos made by Eugene Teo, an Australian fitness coach and social media content creator. He wanted people to follow a simple exercise routine that had an easy-to-remember name. His videos have had 10 million views on TikTok and 17 million views on YouTube. He said he wanted "to make fitness advice and scientific jargon a lot more accessible".

**Homework:**

Write a full sentence answer for each question below.

1. What is the average age that Japanese people live to?
2. How much does the article say Japanese people walk?
3. How many times do people walk slowly with Japanese walking?
4. What might Japanese walking be good at lowering?
5. What might "Japanese walking" lead to a lower risk of?
6. Who might not know about the term "Japanese walking"?
7. When did the term "Japanese walking" originate?
8. Why is "Japanese walking" now so popular worldwide?
9. How many views has a Japanese walking video had on YouTube?
10. What kind of language did a fitness coach want to be simpler?