

# The Faster You Walk The Longer You'll Live

## Vocabulary

1. **Associated** - To be connected or related to .

Sample sentence: He associates with strange people.

2. **Life Expectancy** - The length of time that someone or something will live.

Sample sentence: These kids life expectancy is so low compared to us.

3. **Speed** - The rate at which how fast someone or something moves.

Sample sentence: The device measures the speed and direction of the wind.

4. **Probability** - A measure of how likely it is that some event will occur; a number expressing the ratio of favourable cases to the whole number of cases possible.

Sample sentence: There is a 20% probability that you can develop cancer.

5. **Deteriorating** - To make or become worse or inferior in character, quality, value, etc.

Sample sentence: Hospital doctors and nurses went on strike to begin three days of protest over deteriorating working conditions.

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### Let's read

A person's walking speed may be associated with a longer life after the age of 65 years, according to an analysis of several studies published in the Gazette of the American Medical Association. The number of years that men and women will experience life increases depending on the speed of their walk, as the authors of the analysis wrote. They calculated that the life expectancy of both sexes began to increase at different times depending on the speed of walking.

The research is related to the data obtained between 1985 and 2000. The average speed of walking of 34,485 participants was 0.92 meters per second, and the average age was 73.5. Researchers found that the walking speed is related to differences in the probability of survival for participants of all ages and both sexes. Speed of walking is just as reliable as an indicator of longevity and age, sex, chronic disease, smoking, body mass index or blood pressure, concluded the researchers.

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There are several reasons that explain why the speed of walking is a good indicator for the life expectancy of older people, as researchers said. One reason is that walking requires energy, motion control and encourages the work of several organs such as the heart, lungs, nerves, blood and muscle and bone structures.

A slower walk might be a sign of deteriorating function of these organs and their composition.

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### Discussion A

1. Do you agree that the faster you walk the longer you'll live?
2. Would you like to live a hundred years?

### Discussion B

1. Would you like to live your life all over again?
2. What is the meaning of life?
3. If you could live someone else's life, whose would it be and why?