



READING

7.2

Multiple choice

I can understand specific details in an article and its structure.

- 1 Do the survey and compare your results with a partner. Who is a keener walker?

Walking is probably the easiest form of exercise out there. How keen a walker are you? The more yeses, the keener you are.

- Do you walk to school or work?
- Do you often carry a backpack when walking?
- Do you walk a dog regularly?
- Do you walk at a fast pace?
- Do you consciously choose the stairs rather than a lift?
- Do you own a pair of hiking boots?
- Have you ever been trekking?
- Have you ever used a pedometer or fitness app to keep track of your daily step-count?

- 2 Read the article quickly. Which section of a news website would it be least likely to appear in?

(Education Health Lifestyle Sport Technology)

READING FOCUS Multiple choice

- 3  Read the article again. For questions 1–4, choose the correct answer (A–D) and write it in your notebook.

- 1 According to the author in the first paragraph, The Walk is aimed at users
 - A who do not have the requisite time to go to the gym.
 - B who have some difficulty in walking.
 - C who are interested only in relatively gentle exercise.
 - D who are at high risk of heart disease or diabetes.
- 2 As described in the second paragraph, the central character in the plot of The Walk application
 - A must track some terrorists on foot.
 - B has been carefully selected to deliver an important package.
 - C has to complete a series of tasks operating under strict time limits.
 - D has unintentionally become caught up in the narrative.
- 3 In the third paragraph, the main reason the author draws a comparison with the app Zombies, Run! is to
 - A illustrate the diversity of fitness apps available on the market.
 - B explain the developer's intention to appeal to a wider consumer group with The Walk.
 - C show how fitness apps have become more sophisticated over time.
 - D explain how the two apps work using the same technical functions.
- 4 According to the final paragraph, government investment in fitness apps
 - A might reduce the funds available for traditional healthcare.
 - B is hoped to have wider benefits than public health.
 - C may help cure obesity-related illnesses.
 - D is now possible due to recent economic growth.

Walk yourself well with the help of a government-backed app

