

'Japanese walking' could help you live longer

7th August 2025



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".

Sources: [msn.com](https://www.msn.com) / [huffingtonpost.co.uk](https://www.huffingtonpost.co.uk) / [latimes.com](https://www.latimes.com)

Writing

Walking is the best form of exercise. Discuss.

Chat

Talk about these words from the article.

Japan / life expectancy / average / healthy diet / fitness trend / walking quickly / worldwide / popularity / videos / TikTok / fitness coach / exercise routine / jargon

True / False

- 1) Japan now has the world's longest life expectancy for men and women. T / F
- 2) Both men and women in Japan live to be 84 years old. T / F
- 3) Japanese walking means walking quickly for 10 minutes non-stop. T / F
- 4) Health experts say Japanese walking is good for blood pressure. T / F
- 5) Japanese people might not know the term "Japanese walking". T / F
- 6) The term "Japanese Walking" is over 200 years old. T / F
- 7) A "Japanese Walking" video has been viewed 10 million times on TikTok. T / F
- 8) A fitness coach wants exercise to be full of scientific jargon. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|------------------------|-----------------------|
| 1. diet | a. thought of |
| 2. reason | b. reducing |
| 3. trend | c. word |
| 4. lowering | d. cause |
| 5. risk | e. hints |
| 6. term | f. technical language |
| 7. came up with | g. craze |
| 8. simple | h. chance |
| 9. advice | i. easy |
| 10. jargon | j. food |

Discussion – Student A

- a) What do you think about what you read?
- b) How is Japanese walking different to normal walking?
- c) What do you do to keep in shape?
- d) How good are the keep-fit videos on TikTok and YouTube?
- e) What exercise do you think you'll be doing when you are 70?
- f) What do you think of exercise?
- g) What exercise are you going to do in the next week?
- h) What questions would you like to ask health experts about walking?

Phrase Match

1. having the longest
 2. Japanese people live to be an average
 3. This has started a new fitness
 4. Walkers repeat this
 5. linked to a lower risk
 6. They conducted a study on high- and low-
 7. The recent worldwide popularity
 8. social media content
 9. fitness
 10. scientific
- a. of dementia
 - b. intensity walking
 - c. pattern five times
 - d. creator
 - e. trend on TikTok
 - f. jargon
 - g. life expectancy
 - h. advice
 - i. of the walking method
 - j. of above 84 years old

Discussion – Student B

- a) What do you know about the life expectancy in your country?
- b) What age do you want to live to?
- c) Why do you think Japanese people live so long?
- d) How healthy is your diet?
- e) What unhealthy things do you do?
- f) How much walking do you do every day?
- g) How good is walking as a form of exercise?
- h) Why might walking reduce stress?

Spelling

1. having the longest life ncaypetcxe
2. live to be an grveaee of above 84
3. because of the country's healthy tdei
4. Japanese walking is good for eprutos
5. ldboo circulation
6. a lower risk of nmeeatid
7. They duetcdcon a study
8. low- stnyinite walking
9. The recent worldwide rytpiuolap
10. follow a simple exercise onietru
11. scientific ojangr
12. a lot more scldbseceai

Answers – Synonym Match

| | | | | |
|------|------|------|------|-------|
| 1. j | 2. d | 3. g | 4. b | 5. h |
| 6. c | 7. a | 8. i | 9. e | 10. f |

Comprehension Questions

Listen to / read the news article. Answer these questions.
(Answers are on p. 27 of the 27-page PDF.)

| | |
|-----|---|
| 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 more simple? |

Speaking – The Best Age

Rank these with your partner. Put the best age to be at the top. Change partners often and share your rankings.

- 10
- 16
- 20
- 30
- 40
- 60
- 80
- 100

Answers – True False

| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | F | 2 | F | 3 | F | 4 | T | 5 | T | 6 | F | 7 | T | 8 | F |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|

Answers to Phrase Match and Spelling are in the text.