

Class - VIIISubject - English Language ComprehensionChapter - 19 The Right Step

Good morning students

Today we will take up the passage 'The Right Step' as a part of your English Language assignment which will be submitted to you on dated Feb, 202. All the students are

requested to open page number 59 of your English 'Comprehension' book titled 'Friday Afternoon'. Students, keep your practice notebook ready as during this lesson you will be asked a few questions in order to check your understanding of the passage.

Now, let us start with the summary of the passage. In this passage 'The Right Step' the writer tells us about the benefits of walking.

The author explains that the walking is a great way to improve or maintain your overall health. Just 30 minutes every day can increase strength and can prevent some major health problems. Walking can offer numerous health benefits to people of all ages and fitness levels. It is considered that walking is a less active exercise

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for young people. But regular walk can be more beneficial than any other weight lifting exercises. While walking the lungs get fresh air which is very good to clear the lungs. Sometimes people think that they can keep them fit only if they go to health clubs and do hard exercises but they are totally wrong. Though walking requires less effort but it can be as beneficial as any other exercise. Walking helps in reducing fat. Many of us are suffering with obesity. Obesity is also the root cause of many other diseases. It helps us burn calories and reduce body fat. Obesity in childhood and adolescence can be passed onto adult life. So people should be aware of benefits of walking regularly. Walking is the first step towards reducing weight. If you walk for one hour in a day it means you burn at least 300 calories. So walking is the right step to loose your weight.

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- Students now let us take a break in order to check your understanding of the passage. You will be asked a few questions - After listening to the questions you may write your answers.

- Q1. What is 'the right step' according to the author?
- Q2. What type of exercise the walking is considered as?
- Q3. How does walking helps us?
- Q4. What do people wrongly assume?
- Q5. How can walking cure obesity?

- Students now break is over, we will discuss the answers.

- 1. Walking
- 2. Walking is considered as less active exercise in younger people.
- 3. Walking helps us to prevent some major health problems.
- 4. People wrongly assume that if they go to health clubs and do hard exercises then only they can keep fit.
- 5. By walking we can burn calories and it helps to reduce fat or obesity.

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Now we will continue with the passage. Some people believe that walking may affect the heart but this is just a myth. Instead, walking is prescribed to person recovering from heart diseases. But, Nowadays people are becoming aware of benefits of walking. So walking is not only useful for physical fitness but also very good exercise for mind and soul. As people are now fond of walking. So you can see many people in the early hours of the day walking in the public parks and gardens.

Alright students you have been given the summary of the passage and now you all are required to revise the content and attempt exercise - A given on page no- 60, 61 as a part of your home assignment. Thank you.

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