

Korrekturhinweise

Walking keeps people healthy

	accepted	not accepted
0	<i>professor of public health</i>	
1	spending the day walking (their) work involved walking (they) walked a lot (they) walked at work (they) walked during work (they) walked while working because of walking because they walk because they walk more conductors are walking more conductors were walking daily exercise daily movement daily walking did more/much walking more exercise not being sedentary one group walks regular exercise spend their time walking spent their day walking spent their work walking spent working day walking spent working with walking the amount of walking their work included walking their working walking they are always walking they walk they walk a lot they walk during work they walk more often they walk while working they walk whole day they work walking walk daily walk more walked all day walked on work walked on working days walking walking all day walking in work walking while working working day with walking <i>Answers in present tense are accepted.</i>	a sedentary lifestyle because of day walking day walking (<i>ambiguous</i>) must stand all day no exercise all day the daily working they go around (<i>does not necessarily imply they walk</i>) they walk to work (<i>"spent working day walking" means they walk while they are at work, but there is no reference how they got to work</i>) they were bus conductors (<i>this answer does not give the reasons for better health</i>) they were day walking
2	sustain uphill walking going up a hill keep walking uphill uphill walking at 3mph walk uphill	<i>Answers that do not include the idea of uphill are not accepted.</i> can't walk a level continue walking continuing at this speed

	walking uphill	e.g. walking at 3mph heart disease not fit to continue severe exertion started exercising are not fit enough (<i>the difficulty in the question is not being fit enough, question asks for something that can be done at a certain speed</i>) to sustain it unable to sustain uphill unable walk level ground walking (<i>the idea uphill has to be included in the answer</i>)
3	not strenuous enough (<i>enough has to be included, as the text does not suggest that garden work is not strenuous at all</i>) doesn't protect the heart exercise must be strenuous exercise should be strenuous is not reasonably strenuous it's not enough it's not strenuous enough it's too less it's too un strenuous no reasonable strenuous exercise no reasonably strenuous exercise not reasonably strenuous enough too less reasonably strenuous too less strenuous	be reasonably strenuous exercises need reasonably strenuous it's not strenuous jogging not for everyone membership, hours need more exercises needs to be strenuous (<i>it is not clear what this answer refers to</i>) reasonably strenuous risk of heart disease too less time un strenuous visit regularly walk walking on the level you should train regularly
4	consider themselves too old already too late because of their age being too old feel (being) too old feel like too late feel not young enough it seems too late it's too late leaving it too late left it too late might be too late not being young enough their age they are too old they feel too old they waited too long think it's too late too late too late for them too late to start too old too old for it too old to do viewed as too late <i>spelling 'to' instead of 'too' is accepted</i>	about their age already gave up have left it late have left too late (<i>ambiguous</i>) left it behind never too late no age limits no upper age limit not able not too old they are late they are too late they changed too late they didn't start earlier (<i>the text does not suggest that they considered it</i>) they left too late (<i>ambiguous</i>) they started too late (<i>the question implies that they never started</i>) think it's late (<i>too must be included for this answer</i>) thinking left too late upper age limit
5	beautiful scenery best scenery enjoying nature and scenery	are enjoying walking enjoy it enjoy walking

	<p> enjoying the nature fine scenery finest scenery in Britain finest scenery in world Great Britain's lovely scenery great natural landscape having a great view landscape nature nature protects the heart (<i>logical conclusion drawn from text as a whole</i>) no treadmill no treadmill but nature see nice locations see the beautiful world seeing nature's beauty some very fine scenery the beautiful landscape the scenery you can see nature protects your heart (<i>logical conclusion drawn from text as a whole</i>) it protects the heart own natural gymnasium have natural gym </p>	<p> enjoying it finding new friends fun go to gym having their own gym (<i>'natural' has to be included, they do not have their own gym, they are using the natural surroundings as a place to do exercise in</i>) head for the pathways it's their gymnasium membership fees money no membership time undulating pathways </p>
6	<p> challenges in national parks challenges in parks challenging national parks climb a mountain hills mountains mountains in national parks national parks paths in national parks walk in national parks walk up hills walks in national parks </p>	<p> beneath rivers and canals build it up slowly coast areas coastal pathways coastal walks do it again do some challenges follow rivers head for the pathways hiking pathways on the coast reach the summit reach top of hills Scafell pike (<i>example of a challenge but not an area, it's not given specifically as advice for potential walkers, the writer is speaking about his own personal experience of walking</i>) the beach think of other challenges try challenges undulating pathways (<i>if you have managed walks by the sea you have managed these undulating pathways and coastal walks</i>) walk on difficult terrain walk on highest point </p>
7	<p> was very fit was a better walker age is not important full of energy he pulled away he walked extremely fast he walked faster he was top fit </p>	<p> challenged herself faster than as teenager fit looking fitness since the childhood he died he is old he left him he left the place </p>

<p>he was very fit pulled away (from him) soon pulled away very fast walked faster (than him) walking improves your fitness was a faster walker was faster was fitter was in good shape</p>	<p>he practiced since youth (<i>he didn't realize it, he was told</i>) he started as teenager he told his childhood he went away his age it was very good it's still good left him behind live long maths was easier oldies can go far pulled him away pulling away reached the summit set off set off together sipping hot chocolate talk to him the maths wasn't difficult they are very fit they pull away think of challenges walked ahead of him walked too fast (<i>while the older walker did walk faster than the author, it is not said that he walked too fast in general</i>) were physically fit</p>
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Justifications

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The text says: "He was a professor of public health." Mr Morris's job was therefore professor of public health.

1

The text says: "The study showed that bus conductors were much less likely to die of heart disease than bus drivers. Why? Because the conductors spent their working day walking." Bus conductors were therefore healthier than bus drivers because for their job they needed to walk.

2

The text says: "The proportion of men who are unable to sustain uphill walking at 3mph rises from 4% among 16- to 24-year-olds to 81% of 65- to 74-year-olds." Therefore most older people have difficulty sustaining uphill walking at a certain speed.

3

The text says: "If you wish to protect your heart, you have to do more than potter in the garden. The exercise needs to be reasonably strenuous." Garden work is therefore unsuitable for avoiding health problems as it is not strenuous enough.

4

The text says: "Older people sometimes feel they have left it too late." Older people therefore occasionally decide against taking up walking as they consider themselves too old.

5

The text says: "There is no membership fee and no treadmill, just some of the finest scenery in the world." The best thing about walking for exercise, apart from saving money, is therefore the scenery.

6

The text says: "When you are comfortable with long coastal walks, you can begin to think of some of the challenges in our national parks." After walks by the sea, walkers should therefore try challenges in national parks next.

7

The text says: "He told me he had first reached the summit as a teenager just before the war. We set off together towards Broad Crag but soon he pulled away." The author soon realizes therefore that the older walker was very fit.