

Prepare for {IELTS}

Part 1 – Walking

Do you walk a lot?

Not as much as I should, **to be perfectly honest**, but **I've just got** a fitbit **thingy** – like **a walking app tracker** so **I'm trying to walk** more.

Do you walk more often than in the past?

I'd be lying if I said yes. Life is so **hectic** at the moment and I just don't have the time so **rather than walking**, I take the bus or use my car. Living in **the rat race*** means that sadly I think the majority of us **are walking** less nowadays.

***the rat race** means the highly competitive world of work and business

Do you think people will walk more in the future?

No, absolutely not. Everyone is pressed for time* and **we're rushing from A to B** so there's no time to slow down and walk.

It's a sad reality* really.

***to be pressed for time** means to be in a hurry/rush.

***a sad reality** means something that is true and sad e.g. It is a sad reality that today's generation is growing up in a world where mass shootings and killings are **the norm**.

Where do you usually take a walk?

If I can grab five minutes during my lunch break I walk to the park for a bit of fresh air. I need to make time to do it more often though because it's a rare happening/occurrence at the moment.