Band 8 & 9 IELTS Speaking Questions and Model Answers to the topic of Walking

Q1. Where do you usually walk to?
A1. I’m not a frequent walker but I sometimes enjoy strolling around my neighbourhood in the evening, especially the scenic route to a nearby park that has a nice water fountain and flower garden. I find doing this less vigorous activity to be a good way to relieve stress after a challenging day of work.

Q2. Did you walk more in the past than you do nowadays?
A2. These days, unfortunately, I walk much less than I used to. In the past, I had to rely on my own two feet to get to school, and I probably roamed around an hour or more a day back then. These days, however, I feel tired since I have so much to do, which causes me to rarely go outside. That’s probably why I’ve lost so much muscle tone in my legs.

Q3. Do you believe that you walk enough?
A3. No I don’t believe so. I’ve heard somewhere that walking can give a better energy boost to what grabbing a cup of coffee can. I keep on telling myself that I should find an activity partner and do a nice brisk hike of at least 30 minutes every morning, but so far I haven’t gotten around to it. I hope I can develop that good habit.

Q4. Do you think people will walk more or less in the future?
A4. Well it’s easy to say no, especially when noticing people glued so much to their smart phones and laptops. But I have recently seen some reversing to this sedentary lifestyle like trend. There is a kind of cool watch like device, oh I forget it’s name [fitness tracker], but you can wear it around your wrist and its main purpose is to measure your pulse and the number of steps you take. Things like these will help to promote more walking. So who knows what the future may hold?

* Practice your pronunciation by watching the video and model answers to these questions above at IELTSpeaking.ca

Part 1 Advanced vocabulary and natural expressions for this topic

1. brisk hike - walk fast:
   My goal is to take a brisk hike every weekday morning for around 30 minutes.

2. glued to - addicted to:
   I hope people will get glued to their fitness trackers instead so we can all live a healthier lifestyle.

3. energy boost - increase energy levels:
   Next time I feel tired I should go for a short walk as it will help give me a nice energy boost.

4. haven’t gotten around to it - haven’t started it:
   I haven’t gotten around to my plan yet as something always seems to get in its way.

5. vigorous - involving a lot of energy:
   Compared to running, walking is a less vigorous activity that almost everyone can do.