

Speed Reading Practice for Summer Seminar: No. 1

Name: _____ / Date: __/__/__ Score: __ / 3 🕒 7 min

以下の英文を読んで、本文の内容と一致するものを①～⑧の中から 3 つ選びなさい。

The Hidden Benefits of Walking

Walking is one of the simplest forms of physical activity. It requires no special equipment, can be done almost anywhere, and is suitable for people of different ages and fitness levels. For these reasons, walking is often recommended as an easy way to improve physical health. Regular walking can strengthen the heart, improve blood circulation, and help people maintain a healthy weight. However, recent research suggests that the benefits of walking may extend beyond the body. Walking may also influence how people think, feel, and solve problems.

One important effect of walking is its ability to reduce mental stress. Modern life frequently requires people to remain seated for long periods while concentrating on screens, documents, or complicated tasks. As time passes, their attention may weaken, and even a minor difficulty may begin to feel frustrating. A brief walk provides a temporary break from these demands. The repeated movement of the body, combined with a change of surroundings, may allow the mind to recover from mental tiredness.

The environment in which people walk may also matter. Several studies have compared walks in natural areas with walks along busy city streets. Participants who walked through parks or other green spaces often reported feeling calmer afterward. Some also performed better on tasks requiring memory or attention. Researchers suggest that natural environments contain gentle forms of stimulation, such as moving leaves, birdsong, and changing light. These features attract attention without demanding too much mental effort, allowing the brain to rest while remaining awake and interested.

Nevertheless, walking in a city can also be valuable. A person does not always need access to a forest or a large park to benefit from movement. Walking through a familiar neighborhood may create emotional comfort, while exploring an unfamiliar area may increase curiosity. Even a short walk around an office building can interrupt long

periods of sitting and give people an opportunity to organize their thoughts. The benefits may therefore depend not only on the location but also on the walker's purpose and state of mind.

35 Walking may be especially useful when people are trying to develop new ideas. In one experiment, participants were asked to think of creative uses for common objects. Some completed the task while sitting, whereas others walked before or during the exercise. On average, the walkers produced a greater number of original ideas. The researchers
40 did not claim that every idea became more practical or accurate. Instead, walking appeared to encourage flexible thinking, making it easier for participants to consider a wider range of possibilities.

There are several possible explanations for this effect. Walking increases blood flow throughout the body, including the brain. In
45 addition, it places limited demands on conscious attention, especially when the route is safe and familiar. Because the movement is automatic, the mind may be free to explore ideas without focusing completely on each step. The steady rhythm of walking may also help thoughts develop gradually rather than forcing an immediate answer.

50 However, walking is not a perfect solution to every intellectual or emotional problem. A person who is seriously injured, extremely tired, or walking through a dangerous area is unlikely to experience the same benefits. Difficult tasks still require knowledge, careful analysis, and sustained concentration. Walking may help prepare the mind for such
55 work, but it cannot replace the work itself.

The value of walking therefore lies partly in its simplicity. It creates a small distance from immediate pressures without demanding complete inactivity. In a culture that often treats rest as wasted time, walking offers a useful middle ground between intense effort and total relaxation.
60 A few quiet steps may not solve every problem, but they can sometimes make room for clearer thinking.

語数:約 515 語

次の①～⑧のうち、本文の内容と一致するものを 3 つ選びなさい。

- ① Walking is recommended mainly because it requires expensive equipment and provides more intense exercise than most other physical activities.
- ② A short walk may reduce mental tiredness by giving people a temporary break from tasks that require continuous concentration.
- ③ According to the passage, natural environments improve attention because they completely remove all forms of stimulation from the surroundings.
- ④ Although walking in natural areas may have special benefits, walking through cities or familiar neighborhoods can also provide emotional or mental advantages.
- ⑤ The experiment mentioned in the passage showed that walking made every idea produced by the participants more practical and accurate.
- ⑥ Walking may encourage flexible thinking because familiar movement requires relatively little conscious attention, leaving the mind free to explore different ideas.
- ⑦ The author claims that walking can replace knowledge, careful analysis, and sustained effort when people are dealing with difficult intellectual problems.
- ⑧ The passage presents walking as a moderate activity that can create distance from immediate pressures without requiring either intense work or complete rest.

実戦的な時間配分

合計:7 分

本文・タイトル確認:10 秒

本文通読:3 分 30 秒

①～⑧の判断:2 分 40 秒

本文に戻って確認:30 秒

マーク・最終確認:10 秒

1.	equipment[ikwípment]	装備、用具
2.	suitable[sú:təbl]	適した、ふさわしい
3.	extend[iksténd]	広がる、及ぶ
4.	influence[ínfluəns]	～に影響を与える
5.	mentalstress[méntlstrés]	精神的なストレス
6.	concentrate[kánsəntreít]	集中する
7.	frustrating[frástreitiŋ]	いら立たせる、もどかしい
8.	temporary[témpərèri]	一時的な
9.	surroundings[səráundiŋz]	周囲の環境
10.	recover[rikávər]	回復する
11.	environment[inváiərənmənt]	環境
12.	participant[pɑ:rtísəpənt]	参加者
13.	greenspace[grí:nspéis]	緑地
14.	stimulation[stìmjuléiʃən]	刺激
15.	demand[dimænd]	～を必要とする、要求する
16.	emotionalcomfort[imóuʃənəlkámfərt]	心理的な安心感
17.	interrupt[ìntərápt]	～を中断する
18.	organizeone's thoughts[ó:rgənàizwʌnz θ ó:ts]	考えを整理する
19.	creative[kriéitiv]	創造的な
20.	flexiblethinking[fléksəbl θ ñŋkiŋ]	柔軟な思考
21.	bloodflow[bláðflòu]	血流
22.	consciousattention[kánʃəsəténʃən]	意識的な注意
23.	automatic[ə:təmætik]	自動的な、無意識に行われる
24.	sustainedconcentration[səstéindkànsəntreíʃən]	持続的な集中
25.	immediatepressure[imí:diətpréʃər]	目の重圧、差し迫った負担