Health experts claim that walking is the best exercise. However, people are walking less on a daily basis. What has made it happen and how to deal with this?

Nowadays, people do not walk as much as ~~the day before~~in the past. This essay will consider the main reasons ~~of~~for this situation, before proposing two possible solutions.

> **Comment [Dave1]:** Good simple paraphrase but be careful with minor grammar mistakes

~~Perhaps,~~the most important cause of this problem is that many people live far~~ther~~ away from their ~~home to~~work-place. With the ~~city's~~expansion of cities, it is clear that more and more people will cover ~~a~~the long distance to their work-place by driving ~~their~~private ~~car~~vehicles such as cars. There~~fore there~~ are not enough chances for ~~them~~these individuals to walk in ~~the~~daily life. another key factor is that the work-load is ~~too~~increasingly ~~heavy to make people have more~~and individuals have less spare time and energy to walk. In order to afford ~~the heavy~~rising living expense~~s in the life~~, ~~it is frequent that people need to work over time,~~many must work extra hours and, as a result, ~~people always will~~individuals feel tired ~~of walking during leisure time~~and walk less.

> **Comment [Dave2]:** don't use
>
> **Comment [Dave3]:** keep your claims weak – not all people do!
>
> **Comment [Dave4]:** good clear and logical development
>
> **Comment [Dave5]:** you should focus more on the fact that

However, there two promising solution to this problem. First of all, government~~s~~ ~~need to~~must ~~make people aware~~raise awareness of the damage~~s~~ of sedentary lifestyles. ~~Considering that less~~Because reduced walking will lead to health problem in the future, ~~,~~the government should ~~launch some~~initiate polices to ~~let them be conscious of it,for instance~~ hold~~ing~~ relevant lectures in ~~the~~community center~~s~~ to encourage ~~them~~walk~~ing~~ ~~more~~. Secondly, government~~s~~ should spend more money establishing well-equipped walking paths offering ~~the~~residents opportunities to walk.~~The~~ ~~well-made~~Well-made path~~s~~ such as some beautifully-decorated walking paths ~~on~~by the riverside~~s~~ ~~is~~are easier to attract residents' attention ~~to walk there to~~so they can release ~~their~~stress accumulated during work and get in light exercise.

> **Comment [Dave6]:** odd point because people work less today than ever before – but ok just be more specific – talk about people in china for example
>
> **Comment [Dave7]:** shorter and simpler – try to use a more specific example such as the people in China
>
> **Comment [Dave8]:** a lot of small punctuation mistakes
>
> **Comment [Dave9]:** best if you can mention what these problems relate to
>
> **Comment [Dave10]:** odd and unlikely solution but ok
>
> **Comment [Dave11]:** excellent solution and really well developed – this part is close to band 8 for TA – try to use specific examples in China though!

In conclusion, less walking is a serious problem which is primarily caused by long distance commute~~s~~, along with ~~too much work load for life~~increasing workloads. I recommend that government~~s~~ should ~~solve~~curb this problem by holding more lectures to notify residents of the damage~~s~~ of less walking, and invest more money to ~~set~~build attractive walking paths~~for them to walk more~~.

> **Comment [Dave12]:** good conclusion! a little long and wordy but good!

Task achievement: 7

Cohesion/Coherence: 6

Vocabulary: 6

Grammar: 6

Overall: 6

> **Comment [Dave13]:** clear opinion and relevant main ideas with good development
>
> **Comment [Dave14]:** all getting close to 7 but too many small mistakes
>
> **Comment [Dave15]:** would be 5 with all the punctuation mistakes – fix those!

TRANSLATED BAND DESCRIPTORS HOWTODOIELTS.COM

Band Score	Task Achievement (Opinion and ideas)	Cohesion and Coherence (Organisation and linking of ideas)	Lexical Resource (Vocabulary and spelling)	Grammar: Range & Accuracy (Grammar and punctuation)
9	• Fully answers all parts of the question. • Overall opinion - very clear, consistent and fully explained throughout the essay. • Ideas - well-supported, very suitable and very relevant.	• Organisation - very clear and very easy to follow throughout. • Linking of ideas - very good throughout. • Paragraphing - very natural.	• Wide range of vocabulary, used very naturally and very flexibly • Mistakes are very rare and similar to a native-speaker	• Wide range of grammar, used very naturally and flexibly • Mistakes are very rare and similar to a native-speaker
8	• Answers all parts of the question very well. • Overall opinion - clear, consistent, and well-explained throughout the essay • Ideas - well-supported, suitable and relevant.	• Organisation - very clear and logical throughout. • Linking of ideas – good throughout. • Paragraphing - very good.	• Wide range of vocabulary, used naturally and flexibly to explain exact meanings • Rare mistakes with incorrect words and collocations • Rare mistakes with spelling and incorrect form of words	• Wide range of grammar. • Mistakes are very rare – most sentences are 100% correct.
7	• Answers all parts of the question well. • Overall opinion - clear, consistent and supported throughout the essay. • Main ideas - relevant and clearly supported. • Supporting ideas – some are too general or less relevant.	• Organisation - clear and logical throughout. • Linking of ideas – overall good but occasionally linking phrases are repeated or missing. • Paragraphing – good, with one clear topic for each	• Good range of vocabulary, sometimes used naturally and flexibly to explain exact meanings. • Some good use of more natural collocations. • Rare mistakes with incorrect words, spelling and/or incorrect form of words	• Good range of complex grammar. • Many sentences are 100% correct. • Rare mistakes with punctuation.
6	• Some parts of the question are not answered fully. • Overall opinion – relevant and supported but may be unclear, inconsistent or repetitive. • Main ideas - relevant but not always clearly supported.	• Organisation – clear and logical overall but not throughout • Linking phrases – some good use but some are incorrect or robotic. • Referencing - may be unclear or incorrect. • Paragraphing – not always logical.	• OK range of topic vocabulary. • Tries to use less common and more natural vocabulary, sometimes successfully. • Some mistakes with incorrect words, spelling and/or incorrect form of words but meaning is always clear.	• A good range of complex and simple grammar. • Some mistakes but meaning is nearly always clear. • Some mistakes with punctuation.