the advent of ... ...的到来

one of the most significant ... in human history 人类历史上最重要的...之一

go somewhere on foot 走路去某地

a form of relaxation 休闲方式

keep fit 保持健康

a form of transport 交通方式

resort to sth 诉诸于...、求助于...

comfy=comfortable

obviously 很明显