



50-Year-Old PT Reveals 4 Key Exercises for Strength Training

Description

At 50 years old, PT Sasha helps women in the UK who are going through menopause. She focuses on helping them build strength and independence. Sasha wants to increase their bone density. This is important as many women over 50 may suffer fractures.

Strength training helps to make bones strong as we age. Sasha says you do not need a gym to start. You can exercise at home using your body weight or small items like bottles of water.

Sasha explains that just a few movements can be enough for a good workout. She shares four main exercises to start. These exercises help strengthen different muscle groups. You can do them in your kitchen with light weights and a chair.

Sasha wants women to feel strong and healthy through these movements. She believes everyone can improve their fitness with simple exercises done regularly. This approach can help women feel better and live independently.

Vocabulary List:

1. **menopause** //ˈmɛnəˌpoʊz/ (noun): time when a woman's periods stop permanently
2. **independence** //ˌɪndɪˈpɛndəns/ (noun): ability to take care of yourself alone
3. **density** //ˈdɛnsɪti/ (noun): how tightly packed the matter in something is
4. **fractures** //ˈfræk.tʃəz/ (noun): breaks in bones from force or weakness
5. **training** //ˈtreɪnɪŋ/ (noun): practice to learn or get better at skills
6. **regularly** //ˈrɛɡjələri/ (adverb): in a routine or at steady time intervals

Comprehension Questions

Multiple Choice

1. What age is PT Sasha?

- Option: 40 years old
- Option: 45 years old
- Option: 50 years old



Option: 55 years old

2. What does PT Sasha primarily focus on helping women with?

Option: Weight loss

Option: Menopause

Option: Yoga

Option: Healthy eating

3. What does Sasha believe is important for women over 50?

Option: Increase flexibility

Option: Increase bone density

Option: Reduce weight

Option: Improve diet

4. What type of training does Sasha recommend for bone strength?

Option: Cardio

Option: Strength training

Option: Pilates

Option: Dance

5. How does Sasha suggest women can start exercising?

Option: By joining a gym

Option: Using body weight or small items

Option: By hiring a personal trainer

Option: By attending group classes

6. How many main exercises does Sasha share to start strengthening?

Option: Two

Option: Three

Option: Four

Option: Five

True-False

7. PT Sasha helps men going through menopause.

8. Sasha believes that everyone can improve their fitness.



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9. Sasha shares that you can only exercise at a gym.
10. Sasha focuses on helping women build strength and independence.
11. Strength training has no effect on bone density.
12. The exercises recommended by Sasha can only be done in a gym.

Gap-Fill

13. At _____ years old, PT Sasha helps women in the UK.
14. Sasha wants to increase women's _____ density.
15. Strength training helps to make _____ strong as we age.
16. You can exercise at home using your _____ weight.
17. Sasha shares four main exercises to _____ strengthening.
18. This approach can help women feel better and live _____ independently.

Answer

Multiple Choice: 1. 50 years old 2. Menopause 3. Increase bone density 4. Strength training 5. Using body weight or small items 6. Four

True-False: 7. False 8. True 9. False 10. True 11. False 12. False

Gap-Fill: 13. 50 14. bone 15. bones 16. body 17. start 18. stronger

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which of the following is essential for maintaining a healthy diet?



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- Option: Sugars
Option: Fats
Option: Nutrients
Option: Preservatives
2. What is the biological process that marks the end of a woman's reproductive years?
Option: Puberty
Option: Menopause
Option: Pregnancy
Option: Ovulation
3. What type of product is commonly used to deter insects like mosquitoes?
Option: Attractant
Option: Repellent
Option: Insecticide
Option: Pesticide
4. Which of the following can be transmitted through mosquitoes?
Option: Bacteria
Option: Fungi
Option: Virus
Option: Parasites
5. What term is used to describe a long-lasting condition or disease?
Option: Acute
Option: Chronic
Option: Episodic
Option: Intermittent
6. What is a common symptom associated with inflammation in the body?
Option: Redness
Option: Pain
Option: Swelling
Option: All of the above
7. What is important for improving performance and preventing injuries in athletes?
Option: Rest
Option: Training
Option: Dieting
Option: Hydration
8. Which of the following is often added to diets to enhance nutrient intake?
Option: Food additives



- Option: Preservatives
- Option: Supplements
- Option: Colorings

9. What term refers to instances of a disease reported in a population?

- Option: Symptoms
- Option: Incidences
- Option: Outbreaks
- Option: Cases

10. What is the state of being self-sufficient and not reliant on others called?

- Option: Freedom
- Option: Independence
- Option: Autonomy
- Option: Liberty

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ are known to carry various viruses including Zika and West Nile.
12. Researchers collected blood _____ to test for the virus.
13. The test results came back _____ for the virus in several individuals.
14. Increased blood flow to an area can result in _____ and redness.
15. Women are at a higher risk of _____ after menopause due to bone density loss.
16. Bone _____ can decrease significantly during menopause, leading to health issues.
17. During the first _____ of pregnancy, many women experience nausea and fatigue.
18. Many individuals take supplements to help manage symptoms of _____.
19. Certain lifestyle choices can increase the _____ of chronic diseases.
20. It is advised to exercise _____ to maintain overall health.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. A balanced diet provides essential nutrients that support bodily functions.



22. Insect repellent is effective in keeping mosquitoes away during outdoor activities.
23. Menopause is a natural biological process that occurs in women's middle age.
24. A virus can cause various diseases, including respiratory infections and fevers.
25. Regular training can improve athletic performance and overall fitness.
26. Many people seek therapy to cope with anxiety and stress in their lives.
27. Chronic conditions require ongoing medical attention and management.
28. Swelling in the joints may indicate an underlying health issue.
29. Bone density tests help assess the risk of fractures in older adults.
30. Independence is often celebrated as a vital milestone in a person's life journey.

Answer

Multiple Choice: 1. Nutrients 2. Menopause 3. Repellent 4. Virus 5. Chronic 6. All of the above 7. Training 8. Supplements 9. Cases 10. Independence

Gap-Fill: 11. Mosquitoes 12. samples 13. positive 14. inflammation 15. fractures 16. density 17. trimester 18. anxiety 19. risk 20. regularly

Matching sentence: 1. nutrients 2. repellent 3. menopause 4. virus 5. training 6. anxiety 7. chronic 8. swelling 9. density 10. independence

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