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## 9 Habits to Say Goodbye to If You Want to Keep Feeling Young as You Age

### Description

A recent article talks about how to keep healthy habits to feel young as you get older. Here are nine habits you can change to stay healthy:

1. **Avoid** sitting too much: Try to move around and not stay seated all day.
2. **Get enough sleep**: Make sure you sleep well every night.
3. **Drink alcohol in moderation**: Don't drink too much alcohol.
4. **Don't smoke**: Smoking is very bad for your health.
5. **Eat a balanced diet**: Eat a mix of fruits, vegetables, proteins, and grains.
6. **Manage** stress: Find ways to relax and keep stress under control.
7. **Stay hydrated**: Drink plenty of water every day.
8. **Attend regular check-ups**: Go to the doctor regularly for health check-ups.
9. **Maintain** a work-life balance: Balance your work with time for rest and fun.

These habits are important for your overall well-being. They can help prevent health problems as you get older. By making these changes, you can improve your physical and mental health. It's never too late to start living a healthier life.

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### Vocabulary List

1. **Avoid** /vɔɪd/ (verb): To keep away from or stop oneself from doing something.
2. **Moderation** /məˈdɛr.ɪ.ʃən/ (noun): The quality of being moderate; keeping things within reasonable limits.
3. **Balanced** /ˈbæl.ənst/ (adjective): Being in a state of proper balance or equilibrium.
4. **Manage** /ˈmæn.ɪdʒ/ (verb): To succeed in doing or dealing with something, especially something difficult.
5. **Hydrated** /haɪˈdreɪ.tɪd/ (adjective): Having absorbed enough water or liquid.
6. **Maintain** /meɪˈteɪn/ (verb): To continue to have; to keep in existence.

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3. **Manage** /'mæn.ɪdʒ/ (verb): To succeed in doing or dealing with something especially something difficult.
4. **Hydrated** /haɪ'dreɪ.tɪd/ (adjective): Having absorbed enough water or liquid.
5. **Avoid** /ə'vɔɪd/ (verb): To keep away from or stop oneself from doing something.



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6. **Well-being** /'wel'bi:ɪŋ/ (noun): The state of being comfortable healthy or happy.

## Comprehension Questions

### Multiple Choice

1. What is one of the habits mentioned to stay healthy as you get older?

- Option: A. Sitting too much
- Option: B. Drinking alcohol excessively
- Option: C. Eating a balanced diet
- Option: D. Smoking daily

2. How can you manage stress according to the article?

- Option: A. By avoiding relaxation techniques
- Option: B. By finding ways to relax
- Option: C. By increasing stress levels
- Option: D. By always being anxious

3. What is one way to stay hydrated?

- Option: A. Drinking plenty of water
- Option: B. Avoiding water intake
- Option: C. Limiting water consumption
- Option: D. Drinking sugary beverages only

4. Which habit involves taking breaks from work?

- Option: A. Avoiding regular check-ups
- Option: B. Smoking occasionally
- Option: C. Maintaining a work-life balance
- Option: D. Eating fast food daily

5. What does the article suggest in relation to alcohol consumption?

- Option: A. Drink as much as you want
- Option: B. Avoid alcohol completely
- Option: C. Drink in moderation
- Option: D. Drink excessively only on weekends

6. How can one manage weight according to the article?



- Option: A. By avoiding balanced meals
- Option: B. By ignoring exercise
- Option: C. By getting enough sleep
- Option: D. By eating fruits and vegetables only

## Answer

**Multiple Choice:** 1. C. Eating a balanced diet 2. B. By finding ways to relax 3. A. Drinking plenty of water  
4. C. Maintaining a work-life balance 5. C. Drink in moderation 6. C. By getting enough sleep

## Vocabulary quizzes

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

1. What is the key principle behind maintaining a balanced lifestyle?
  - Option: A) Hydration
  - Option: B) Moderation
  - Option: C) Aggressiveness
  - Option: D) Deprivation
2. Which approach involves taking actions to prevent issues before they occur?
  - Option: A) Reactive
  - Option: B) Proactive
  - Option: C) Injuries
  - Option: D) Incidence
3. What term refers to the total number of individuals within a specific area?
  - Option: A) Concerning
  - Option: B) Population
  - Option: C) Well-being
  - Option: D) Demographics
4. What are indications of a condition or disease experienced by an individual?
  - Option: A) Symptoms
  - Option: B) Caffeine
  - Option: C) Exposure
  - Option: D) Plasticity
5. Which term refers to the quantity or amount of something?
  - Option: A) Volume



- Option: B) Balanced
- Option: C) Manage
- Option: D) Contracted

6. Accidents or traumas that cause harm to the body are commonly known as:

- Option: A) Injuries
- Option: B) Proactive
- Option: C) Equating
- Option: D) Deprivation

7. Which term refers to making two things equal or equivalent to each other?

- Option: A) Persistent
- Option: B) Equating
- Option: C) Volume
- Option: D) Symptoms

8. What term describes the mental action or process of acquiring knowledge?

- Option: A) Implication
- Option: B) Significantly
- Option: C) Caffeine
- Option: D) Cognition

9. Which word is used to describe being subjected to something especially something unpleasant?

- Option: A) Exposure
- Option: B) Well-being
- Option: C) Outbreak
- Option: D) Crucial

10. What term represents something of great importance or necessary significance?

- Option: A) Population
- Option: B) Crucial
- Option: C) Moderation
- Option: D) Persistent

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

11. It is important to stay \_\_\_\_\_ especially during hot weather to maintain good health.

12. An \_\_\_\_\_ of a contagious disease can lead to widespread panic and health concerns in a community.



13. The discovery of new evidence had serious \_\_\_\_\_ for the outcome of the trial.
14. She \_\_\_\_\_ the flu after being in close contact with an infected individual.
15. His \_\_\_\_\_ cough was a cause for concern prompting him to visit the doctor.
16. The latest reports about the environmental impact of the factory are very \_\_\_\_\_.
17. The \_\_\_\_\_ of diabetes has been increasing steadily in the past decade.
18. Marketers study the \_\_\_\_\_ of their target audience to tailor their advertising strategies.
19. The new regulations will \_\_\_\_\_ impact how businesses operate in the region.
20. Sleep \_\_\_\_\_ can have negative effects on a person's mood and cognitive function.

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

21. A diet that includes a variety of nutrients in the right proportions is necessary for good health.
22. Effective time is crucial for maintaining productivity and reducing stress.
23. Regular exercise and proper nutrition are essential for overall health and .
24. The team adopted an marketing strategy to gain a competitive edge in the market.
25. Anticipating challenges and taking preventive measures is part of being in problem-solving.
26. The brain's ability to adapt and reorganize itself is known as neuroplasticity or brain .
27. His efforts paid off as he finally achieved his long-term goal.
28. Many people rely on for the temporary boost in alertness it provides.
29. The loud of the music at the concert caused discomfort to some attendees.
30. She was to new ideas and experiences during her travels broadening her perspectives.



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## Answer

**Multiple Choice:** 1. B) Moderation 2. B) Proactive 3. B) Population 4. A) Symptoms 5. A) Volume 6. A) Injuries  
7. B) Equating 8. D) Cognition 9. A) Exposure 10. B) Crucial

**Gap-Fill:** 11. Hydrated 12. Outbreak 13. Implication 14. Contracted 15. Persistent 16. Concerning 17.  
Incidence 18. Demographics 19. Significantly 20. Deprivation

**Matching sentence:** 1. Balanced 2. Manage 3. Well-being 4. Aggressive 5. Proactive 6. Plasticity 7. Persistent  
8. Caffeine 9. Volume 10. Exposed

## CATEGORY

1. Health - LEVEL1

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