



Achieve Ideal Push-Up Count By Age: A Comprehensive Guide

Description

Did you know that how long you can stand on one leg can show how healthy you are? It's the same with push-ups – they can help you check your heart health. A study in JAMA Network found that adults who could do 40 push-ups were less likely to have heart problems than those who could only do 10. The Mayo Clinic suggests good push-up numbers to aim for: Women should do 20 push-ups and men 28 push-ups. To do a push-up, lie on the floor, push up with your arms, and lower your body until your chin touches the floor. Don't worry if push-ups are hard for you, you can do easier versions like couch push-ups or wall push-ups. If you have health issues or feel pain while exercising, talk to your doctor. Keep trying and stay healthy!

Vocabulary List:

1. **Health** /hɛlθ/ (noun): The state of being free from illness or injury; overall physical and mental condition.
2. **Push-ups** /'pʊʃʌps/ (noun): An exercise in which a person raises and lowers their body using their arms while in a prone position.
3. **Problems** /'prɒbləmz/ (noun): Difficulties or issues that need to be addressed or solved.
4. **Exercise** /'eksəsaɪz/ (noun): Activity that is done to improve physical fitness and health.
5. **Version** /'vɜːrʒən/ (noun): A particular form of something differing in certain respects from an earlier form or other forms.
6. **Suggested** /səg'dʒɛstɪd/ (verb): Proposed as a plan or course of action; advised.

Comprehension Questions

Multiple Choice

1. What can standing on one leg indicate about your health?

Option: Heart health
Option: Flexibility
Option: Muscle strength
Option: Bone density

2. According to the study in JAMA Network, how many push-ups were adults who did to be less likely to have heart problems?



- Option: 10
- Option: 20
- Option: 30
- Option: 40

3. What is the recommended number of push-ups for women according to the Mayo Clinic?

- Option: 10
- Option: 15
- Option: 20
- Option: 25

4. What alternative versions of push-ups are suggested in the text for those finding regular push-ups challenging?

- Option: Sit-ups
- Option: Couch push-ups
- Option: Squats
- Option: Yoga

5. What should you do if you have health issues or feel pain while exercising?

- Option: Continue the exercise
- Option: Consult your doctor
- Option: Ignore the symptoms
- Option: Skip the workout

6. What is the suggested course of action for staying healthy according to the text?

- Option: Avoid all forms of exercise
- Option: Try different exercises daily
- Option: Keep trying and stay healthy
- Option: Exercise only when feeling energetic

True-False

7. Standing on one leg is not a good indicator of overall health.

8. The Mayo Clinic recommends 25 push-ups for women to maintain heart health.

9. If push-ups are difficult, the text advises trying easier versions like wall push-ups.



10. It is important to seek medical advice if experiencing health issues during exercise.
11. Completing 40 push-ups is linked to higher chances of heart problems according to the JAMA Network study.
12. Engaging in regular physical activity is not emphasized as a way to stay healthy in the text.

Gap-Fill

13. According to the Mayo Clinic, men should aim to do _____ push-ups for heart health.
14. The JAMA Network study found that adults who could do 40 push-ups were less likely to have heart problems than those who could only do _____.
15. If you have health issues or feel pain while exercising, it is advisable to talk to your _____.
16. The text recommends trying easier versions like couch push-ups or wall push-ups if standard push-ups are _____ for you.
17. Standing on one leg and push-ups can provide insights into your _____ level.
18. The suggested course of action for maintaining good health is to keep _____ and stay healthy.

Answer

Multiple Choice: 1. Heart health 2. 40 3. 20 4. Couch push-ups 5. Consult your doctor 6. Keep trying and stay healthy

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

Gap-Fill: 13. 28 14. 10 15. doctor 16. hard 17. health 18. trying

Vocabulary quizzes



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

1. What type of medication is used to relieve nasal congestion?
Option: Antibiotic
Option: Analgesic
Option: Decongestant
Option: Antihistamine
2. Which term describes the chemical processes within living organisms?
Option: Cognition
Option: Metabolism
Option: Autophagy
Option: Stigma
3. What is physical activity done to maintain or improve health called?
Option: Rest
Option: Exercise
Option: Fasting
Option: Diagnosis
4. Which substance is commonly found in nasal decongestant medications?
Option: Phenylephrine
Option: Cortisol
Option: Autophagy
Option: Nutrients
5. What term relates to the mental processes of perception memory and reasoning?
Option: Sensitivity
Option: Cognitive
Option: Support
Option: Diagnoses
6. What is the natural regulated mechanism of the cell that removes unnecessary or dysfunctional components?
Option: Chronic
Option: Performance
Option: Extinction
Option: Autophagy
7. What is the mark of disgrace associated with a particular circumstance quality or person?
Option: Fasting
Option: Moderation



Option: Diagnosis

Option: Stigma

8. What term describes a disease or condition that persists over a long period?

Option: Push-ups

Option: Chronic

Option: Authorities

Option: Intermittent

9. What form of exercise strengthens the upper body muscles?

Option: Push-ups

Option: Version

Option: Suggested

Option: Research

10. Who has the power to make decisions and enforce rules?

Option: Exercise

Option: Cortisol

Option: Authorities

Option: Health

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

11. Doctors use various tests to make _____ when identifying illnesses.

12. Intermittent _____ has been shown to have benefits for metabolism and autophagy.

13. Having a good social _____ system is essential for mental health.

14. Eating a balanced diet ensures your body gets essential _____ for proper function.

15. Enjoying treats in _____ is key to maintaining a healthy diet.

16. Always use the latest _____ of software to benefit from bug fixes and new features.

17. Scientists conduct _____ to gather data and draw conclusions about various phenomena.

18. Athletes work hard to enhance their _____ and achieve their personal best.



19. Philosophers ponder questions about the meaning and purpose of human _____.
20. The disappearance of a species from the planet is known as _____.

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

21. fasting is an eating pattern that cycles between periods of eating and fasting.
22. The to taste varies among individuals influencing food preferences.
23. Regular exercise is essential for maintaining good and overall well-being.
24. Professional athletes focus on improving their physical and mental to excel in their respective sports.
25. Including activities like in your workout routine can enhance upper body strength.
26. Critical thinking skills help individuals solve complex effectively.
27. A medical involves identifying the cause of a patient's symptoms.
28. Friends and family provide emotional during challenging times.
29. Discoveries made through scientific contribute to advancements in various fields.
30. Regular routines improve cardiovascular health and muscle tone.

Answer

Multiple Choice: 1. Decongestant 2. Metabolism 3. Exercise 4. Phenylephrine 5. Cognitive 6. Autophagy 7. Stigma 8. Chronic 9. Push-ups 10. Authorities

Gap-Fill: 11. diagnoses 12. fasting 13. support 14. nutrients 15. moderation 16. version 17. research 18. performance 19. existence 20. extinction

Matching sentence: 1. Intermittent 2. Sensitivity 3. Health 4. Performance 5. Push-ups 6. Problems 7. Diagnosis 8. Support 9. Research 10. Exercise

CATEGORY

1. Health - LEVEL2

Date Created

2024/11/06

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