



## Brain Detox Slow with Age – Drug Fixes it!

### Description

A new study has found that walking just 20 minutes a day can improve your overall health. This research was conducted by scientists at the University of Cambridge.

The study involved 1,500 participants, who were split into two groups. One group walked for 20 minutes a day, while the other group did not increase their physical activity. After six weeks, the researchers found that the group who walked daily showed significant improvements in their cardiovascular health.

Walking is a simple and accessible form of exercise that can have a positive impact on our well-being. It is a great way to stay active and can help reduce the risk of heart disease, diabetes, and even depression.

Dr. Smith, one of the researchers, noted that even a small amount of daily walking can make a big difference in one's health. He emphasized the importance of finding ways to incorporate walking into our daily routine, whether it's taking a stroll during lunch breaks or walking to nearby places instead of driving.

So, why not take a step towards a healthier you by incorporating walking into your daily routine? Just 20 minutes a day can go a long way in improving your health and well-being.

### Vocabulary List:

1. **Cardiovascular** /ˌkɑːr.di.ʊsˈvæs.kjə.lər/ (adjective): Related to the heart and blood vessels.
2. **Participants** /pɑːrˈtɪs.ə.pənts/ (noun): Individuals who take part in an activity or study.
3. **Incorporate** /ɪnˈkɔːr.pə.reɪt/ (verb): To include or integrate a part into a whole.
4. **Well-being** /ˈwel.biːɪŋ/ (noun): The state of being comfortable healthy or happy.
5. **Significant** /sɪɡˈnɪfɪkənt/ (adjective): Having an important meaning or effect.
6. **Accessible** /əkˈsɛsəbl/ (adjective): Easily reached or entered; available to all.

## Comprehension Questions

### Multiple Choice

1. How long did the study participants walk daily to show significant improvements in cardiovascular health?  
Option: 10 minutes



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- Option: 20 minutes  
Option: 30 minutes  
Option: 40 minutes
2. Which university conducted the research on the benefits of walking for health improvement?  
Option: Harvard University  
Option: University of Cambridge  
Option: Stanford University  
Option: Oxford University
3. What were the two groups of participants in the study assigned to do?  
Option: Run and swim  
Option: Walk and cycle  
Option: Walk and no physical activity increase  
Option: Do yoga and meditate
4. What are some of the health conditions that walking can help reduce the risk of?  
Option: Asthma and allergies  
Option: Obesity and high blood pressure  
Option: Arthritis and osteoporosis  
Option: Cancer and stroke
5. Who emphasized the importance of incorporating walking into our daily routine for better health?  
Option: Dr. Johnson  
Option: Dr. Smith  
Option: Dr. Brown  
Option: Dr. White
6. What is a practical suggestion given in the text to include more walking in your day?  
Option: Walk in your sleep  
Option: Walk instead of driving short distances  
Option: Walk on a treadmill for hours  
Option: Walk only in the evenings

## Answer

**Multiple Choice:** 1. 20 minutes 2. University of Cambridge 3. Walk and no physical activity increase 4. Obesity and high blood pressure 5. Dr. Smith 6. Walk instead of driving short distances



## Vocabulary quizzes

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

1. What is a progressive brain disorder that affects memory and cognitive function?  
Option: Alzheimer's disease  
Option: Parkinson's disease  
Option: Multiple sclerosis  
Option: Huntington's disease
2. What is the ability to understand and share the feelings of others?  
Option: Sympathy  
Option: Antipathy  
Option: Empathy  
Option: Apathy
3. What is the capacity to recover from setbacks adapt well to change and keep going in the face of adversity?  
Option: Persistence  
Option: Resilience  
Option: Stagnation  
Option: Vulnerability
4. What method is commonly used to gather data from a group of people to understand their opinions or experiences?  
Option: Survey  
Option: Hypothesis  
Option: Experiment  
Option: Observation
5. Which term refers to the measure of how efficiently a person or system is able to convert inputs into useful outputs?  
Option: Efficiency  
Option: Productivity  
Option: Effectiveness  
Option: Throughput
6. Which term refers to the surroundings or conditions in which a person animal or plant lives or operates?  
Option: Ecosystem  
Option: Environment  
Option: Habitat



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Option: Biome

7. Which term relates to the circulatory system comprising the heart and blood vessels?

- Option: Pulmonary
- Option: Cardiovascular
- Option: Endocrine
- Option: Lymphatic

8. What does the term "connectivity" refer to in the context of technology and communication?

- Option: Wireless charging
- Option: Internet speed
- Option: Network strength
- Option: Data encryption

9. What is the state of being conscious of and informed about a particular fact or situation?

- Option: Ignorance
- Option: Awareness
- Option: Indifference
- Option: Neglect

10. What is something that tests one's abilities skills or determination?

- Option: Obstacle
- Option: Challenge
- Option: Barrier
- Option: Hurdle

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

11. To improve brain health it is important to constantly \_\_\_\_\_ the mind with new activities.

12. A healthy lifestyle can contribute to a longer \_\_\_\_\_.

13. In case of an emergency it is essential to have a plan in place to safely \_\_\_\_\_ the building.

14. Continuous work without breaks can lead to \_\_\_\_\_ affecting both mental and physical health.

15. To enhance overall well-being it is important to \_\_\_\_\_ healthy habits into your daily



routine.

16. Volunteering in your community can give you a sense of purpose and the satisfaction of \_\_\_\_\_ to society.

17. Taking \_\_\_\_\_ measures can help prevent accidents or injuries.

18. During challenging times communities often come together in \_\_\_\_\_ to support each other.

19. The sudden power outage \_\_\_\_\_ the meeting and caused delays.

20. Getting enough sleep is \_\_\_\_\_ for maintaining good health and cognitive function.

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

21. The study required active engagement from all the volunteers who took part in the research.
22. Plogging is a combination of jogging with picking up litter to help keep the environment clean.
23. The heavy rainfall triggered a landslide blocking the main road and causing traffic congestion.
24. Encouraging recycling and reducing waste is one way of positively to environmental conservation efforts.
25. Before the storm hit the authorities issued evacuation orders to ensure people's safety.
26. Regular exercise and a balanced diet are essential for maintaining overall .
27. Public transportation should be made more to ensure mobility for all members of society.
28. Reading books and solving puzzles can help the brain and increase mental agility.
29. Educational campaigns are crucial in raising about the importance of wildlife conservation.
30. In times of crisis communities often demonstrate by coming together to support those in need.



## Answer

**Multiple Choice:** 1. Alzheimer's disease 2. Empathy 3. Resilience 4. Survey 5. Productivity 6. Environment 7. Cardiovascular 8. Network strength 9. Awareness 10. Challenge

**Gap-Fill:** 11. stimulate 12. longevity 13. evacuate 14. burnout 15. incorporate 16. contributing 17. precautionary 18. solidarity 19. disrupted 20. significant

**Matching sentence:** 1. Participants 2. Plogging 3. Landslide 4. Contributing 5. Precautionary 6. Well-being 7. Accessible 8. Stimulate 9. Awareness 10. Solidarity

## CATEGORY

1. Health - LEVEL3

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