



Exercises to Reduce Belly Pooch After 60

Description

A lifestyle coach has shared four exercises to strengthen your core after age 60. These exercises are done while standing and can help reduce belly fat.

Regular exercise and good habits can improve your body, including reducing belly fat. High-intensity activities burn more calories, but standing exercises can also be effective. You don't need weights to see results.

Terry Tateossian, a lifestyle medicine coach, explained four standing exercises to help reduce belly fat, along with a nutritious diet. Tateossian says controlling body fat is best achieved through proper nutrition, including the right balance of proteins, carbs, and fats.

Exercises like hip thrusts and Romanian deadlifts use many muscles but may not fully target deep core muscles. Tateossian says while they help stabilise the body, they don't directly target core muscles.

Belly fat after 60 is often due to lifestyle and hormonal changes. As we age, we may store more fat around the belly if no actions are taken. Tateossian notes changes in lifestyle can prevent this natural aging effect.

She recommends exercises that activate core muscles. It's important to combine these exercises with a diet rich in protein for the best results. Übungen should be done with care and control, ensuring proper form for effectiveness.

Vocabulary List:

1. **lifestyle** //ˈlaɪf,staɪl// (noun): the way a person lives each day
2. **strengthen** //ˈstrɛŋθən// (verb): to make something stronger or more powerful
3. **nutritious** //nuˈtriʃəs// (adjective): healthy and full of the right nutrients
4. **stabilise** //ˈsteɪbəl,laɪz// (verb): to keep something steady and not move
5. **hormonal** //hɔːrˈmɒnəl// (adjective): relating to chemicals made by the body
6. **activate** //ˈæktɪ,veɪt// (verb): to make something start working or move

Comprehension Questions



Multiple Choice

1. What age group does the lifestyle coach focus on for core strengthening exercises?
 - Option: 30 and under
 - Option: 40-50
 - Option: 60 and above
 - Option: 50-60

2. What type of exercises does Terry Tateossian recommend for strengthening the core?
 - Option: Seated exercises
 - Option: Standing exercises
 - Option: Floor exercises
 - Option: Swimming exercises

3. Which of the following is NOT mentioned as a focus for nutrition in controlling body fat?
 - Option: Proteins
 - Option: Carbs
 - Option: Fats
 - Option: Vitamins

4. What does high-intensity activity help to do?
 - Option: Build muscle
 - Option: Reduce stress
 - Option: Burn more calories
 - Option: Improve flexibility

5. Which exercise does NOT specifically target core muscles according to Tateossian?
 - Option: Hip thrusts
 - Option: Planks
 - Option: Romanian deadlifts
 - Option: Sit-ups

6. What dietary component is crucial for the best results when combining with exercises?
 - Option: High sugar
 - Option: High fiber
 - Option: High protein
 - Option: High fat



True-False

7. Tateossian recommends using weights to see results in core strengthening.
8. Belly fat accumulation after age 60 can be influenced by lifestyle changes.
9. Standing exercises are less effective than high-intensity activities for burning calories.
10. Exercises that activate core muscles should be done with care and control.
11. The lifestyle coach suggested only one type of exercise for core strength.
12. Tateossian suggests that a nutritious diet is unimportant for controlling body fat.

Gap-Fill

13. The exercises suggested by the lifestyle coach are done while standing and can help reduce _____ fat.
14. According to Tateossian, controlling body fat is best achieved through proper _____.
15. As we age, we may store more fat around the belly if no actions are _____.
16. It's important to combine core exercises with a diet rich in _____ for the best results.
17. Exercises should be done with care and _____ to ensure proper form.
18. Tateossian mentioned that high-intensity activities burn more _____ for better results.

Answer

Multiple Choice: 1. 60 and above 2. Standing exercises 3. Vitamins 4. Burn more calories 5. Hip thrusts
6. High protein

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

Gap-Fill: 13. belly 14. nutrition 15. taken 16. protein 17. control 18. calories



Vocabulary quizzes

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

1. What often arises from opposing interests or values?
Option: Agreement
Option: Conflict
Option: Sympathy
Option: Indifference
2. What feeling is commonly associated with wishing one had made a different decision?
Option: Joy
Option: Regret
Option: Relief
Option: Excitement
3. Which term describes the system responsible for digestion and absorption of food?
Option: Respiratory
Option: Gastrointestinal
Option: Nervous
Option: Musculoskeletal
4. What type of medication is used to treat bacterial infections?
Option: Analgesics
Option: Antibiotics
Option: Antivirals
Option: Vaccines
5. What substance produced in the body helps to protect and lubricate membranes?
Option: Enzyme
Option: Mucus
Option: Bile
Option: Saliva
6. What term refers to the habits and behaviors that influence an individual's health?
Option: Lifestyle
Option: Occupation
Option: Education
Option: Income
7. What are beliefs about how events should unfold called?



- Option: Perceptions
- Option: Expectations
- Option: Assumptions
- Option: Realities

8. What term describes changes in the body related to hormones?

- Option: Hormonal
- Option: Emotional
- Option: Physical
- Option: Mental

9. What term is used for organisms that are not affected by certain treatments?

- Option: Sensitive
- Option: Resistant
- Option: Susceptible
- Option: Vulnerable

10. What term is used for the release of substance from the body?

- Option: Reception
- Option: Absorption
- Option: Discharge
- Option: Ingestion

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

11. The _____ approach addresses the mind-body connection in therapy.
12. Certain chemicals act as _____ to slow down biochemical reactions.
13. Certain foods may serve as _____ for allergic reactions.
14. The _____ is a part of the retina responsible for central vision.
15. In the study of biology, various types of _____ are examined.
16. Patients were _____ for various conditions before entering the study.
17. Biology focuses on understanding how _____ interact within cells.
18. Certain substances can be _____ and harmful to human health.



19. He was diagnosed with a rare _____ that affects the immune system.
20. Adopting a healthier _____ can improve overall well-being.

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

21. Setting realistic expectations can greatly reduce stress and disappointment.
22. Conflict often arises when individuals have differing viewpoints or interests.
23. Gastrointestinal health is essential for proper nutrient absorption and digestion.
24. Antibiotics play a crucial role in treating bacterial infections effectively.
25. Somatic therapies often focus on the connection between body and mind.
26. Regret can sometimes lead to personal growth as individuals reflect on past choices.
27. Mucus protects the lining of various body cavities from irritation.
28. Hormonal changes can significantly affect both physical and emotional well-being.
29. Discharge from a wound can indicate infection or the healing process.
30. Various factors can act as triggers for allergies and asthma attacks.

Answer

Multiple Choice: 1. Conflict 2. Regret 3. Gastrointestinal 4. Antibiotics 5. Mucus 6. Lifestyle 7. Expectations 8. Hormonal 9. Resistant 10. Discharge

Gap-Fill: 11. somatic 12. inhibitors 13. triggers 14. macula 15. organisms 16. screened 17. molecules 18. toxic 19. syndrome 20. lifestyle

Matching sentence: 1. expectations 2. conflict 3. gastrointestinal 4. antibiotics 5. somatic 6. regret 7. mucus 8. hormonal 9. discharge 10. triggers

CATEGORY

1. Health - LEVEL3

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