



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

CATEGORY



1. Health - LEVEL3

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