



# Light exercise or adequate sleep are better than being sedentary for healthy aging.

## Description

A recent study published in JAMA Network Open suggests that replacing sedentary behaviors with light physical activity can lead to healthier aging. Researchers found that even low-intensity activities such as standing or walking around while doing daily chores can improve overall health. The study, which followed over 45,000 women for 20 years, revealed that swapping TV time for light physical activity could increase the odds of healthy aging. Additionally, replacing TV time with sleep was also found to be beneficial for health, according to the study. Experts emphasize the importance of incorporating light physical activities into daily routines, as it can have a positive impact on health, especially as people age. While the study focused on a specific population, the findings highlight the potential benefits of simple lifestyle changes for improving overall health.

## Vocabulary List:

1. **Sedentary** /'sɛd.ən.tɛr.i/ (adjective): Characterized by much sitting and little physical exercise.
2. **Incorporating** /ɪn'kɔːr.pə.reɪ.tɪŋ/ (verb): Including or integrating a part into a whole.
3. **Beneficial** /ˌbɛnɪ'fɪʃəl/ (adjective): Producing good results or helpful effects.
4. **Overall** /ˌoʊ.və'rɔːl/ (adjective): Taking everything into account; general.
5. **Emphasize** /'ɛm.fə.saɪz/ (verb): To give special importance or prominence to something.
6. **Revealed** /rɪ'viːld/ (verb): Made known or disclosed something hidden.

## Comprehension Questions

### Multiple Choice

1. What is one key finding of the study published in JAMA Network Open?

Option: Replacing sedentary behaviors with light physical activity improves overall health

Option: Watching more TV leads to better health outcomes

Option: Eating more junk food is beneficial for aging

Option: Sleeping less contributes to healthier aging



2. How many women were followed in the study?

- Option: 5,000
- Option: 10,000
- Option: 45,000
- Option: 100,000

3. What type of activities were highlighted as beneficial for health in the study?

- Option: High-intensity workouts
- Option: Sitting for long periods
- Option: Low-intensity activities like standing or walking
- Option: Playing video games

4. Why is it important to incorporate light physical activities into daily routines according to experts?

- Option: To boost TV ratings
- Option: To have an excuse to avoid exercise
- Option: To have a positive impact on health especially as people age
- Option: To increase sedentary behaviors

5. What did the study find about replacing TV time with light physical activity?

- Option: It has no impact on health
- Option: It decreases the odds of healthy aging
- Option: It increases the odds of healthy aging
- Option: It leads to worse outcomes

6. Who was the target population of the study?

- Option: Children
- Option: Women
- Option: Elderly men
- Option: Athletes

## Answer

**Multiple Choice:** 1. Replacing sedentary behaviors with light physical activity improves overall health 2. 45,000 3. Low-intensity activities like standing or walking 4. To have a positive impact on health especially as people age 5. It increases the odds of healthy aging 6. Women

## Vocabulary quizzes



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

1. What is a common sign of aging in the skin?  
Option: Aching  
Option: Molecules  
Option: Wrinkles  
Option: Immune
2. Which type of fatty acid is commonly associated with brain health?  
Option: Omega-3  
Option: Cholesterol  
Option: Triglycerides  
Option: Genetic
3. Which gland in the body regulates metabolism?  
Option: Obesity  
Option: Thyroid  
Option: Metabolism  
Option: Insulin
4. Excessive body weight that increases the risk of health problems is known as:  
Option: Irregularly  
Option: Adjust  
Option: Obesity  
Option: Allergic
5. The chemical processes within the body to maintain life are collectively referred to as:  
Option: Prevention  
Option: Metabolism  
Option: Awareness  
Option: Function
6. Which hormone is responsible for regulating blood sugar levels?  
Option: Emphasize  
Option: Insulin  
Option: Revealed  
Option: Sufferer
7. The body's natural defense system against infections and illnesses is called the:  
Option: Sedentary  
Option: Incorporating  
Option: Beneficial



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Option: Immune

8. Traits passed down from parents to offspring are influenced by:

Option: Overall

Option: Genetic

Option: Predisposed

Option: Lipid

9. Which type of lipid is often associated with cardiovascular health?

Option: Thyroid

Option: Cholesterol

Option: Triglycerides

Option: Metabolism

10. An adverse bodily response to a particular substance is known as an:

Option: Reaction

Option: Sufferer

Option: Symptom

Option: Allergic

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

11. The \_\_\_\_\_ of the immune system is to protect the body against pathogens.

12. \_\_\_\_\_ a healthy diet can have a significant impact on your overall well-being.

13. Regular exercise is key in the \_\_\_\_\_ of many chronic diseases.

14. Increasing public \_\_\_\_\_ about mental health is crucial to reducing stigma.

15. Skipping meals can affect your metabolism and lead to eating \_\_\_\_\_.

16. It is important to \_\_\_\_\_ your lifestyle to promote better health outcomes.

17. \_\_\_\_\_ more fruits and vegetables into your diet can improve your overall health.

18. Health experts \_\_\_\_\_ the importance of regular physical activity for overall well-being.

19. Studies have \_\_\_\_\_ new insights into the impact of stress on the body.

20. A \_\_\_\_\_ lifestyle can contribute to various health issues such as obesity and heart



disease.

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

21. Cells are made up of various that perform different functions in the body.
22. Dietary fats fall into the category of essential for energy production and cell structure.
23. High levels of in the blood can increase the risk of heart disease.
24. Some individuals may be genetically to certain medical conditions.
25. Regular exercise has a effect on mental health reducing stress and anxiety.
26. Taking care of your physical mental and emotional well-being is important for your health.
27. is a complex condition influenced by genetic environmental and lifestyle factors.
28. An allergic can range from mild irritation to severe symptoms requiring medical intervention.
29. Fever is a common of an underlying infection or illness.
30. A pollen may experience sneezing watery eyes and congestion during allergy season.

## Answer

**Multiple Choice:** 1. Wrinkles 2. Omega-3 3. Thyroid 4. Obesity 5. Metabolism 6. Insulin 7. Immune 8. Genetic 9. Cholesterol 10. Allergic

**Gap-Fill:** 11. Function 12. Choosing 13. Prevention 14. Awareness 15. Irregularly 16. Adjust 17. Incorporating 18. Emphasize 19. Revealed 20. Sedentary

**Matching sentence:** 1. Molecules 2. Lipid 3. Triglycerides 4. Predisposed 5. Beneficial 6. Overall 7. Obesity 8. Reaction 9. Symptom 10. Sufferer

## CATEGORY

1. Health - LEVEL1

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